THE TRUE PRESERVER and RESTORER OF HEALTH:

BEING A

CHOICE COLLECTION OF

Select and Experienced REMEDIES for all Distempers incident to Men, Women and Children. Selected from, and Experienced by the most Famous Physicians and Chyrurgeons of *Europe*.

TOGETHER WITH

Excellent DIRECTIONS for

COOKERY;

AS ALSO FOR

PRESERVING, and *CONSERVING*, and making all Sorts of *METHEGLIN, SIDER, CHERRY-WINE*, &c.

WITH THE

Description of an Ingenious and Useful *ENGIN* for Dressing of Meat and for Distilling the Choicest Cordial Waters, without Wood, Coals, Candle or Oyl.

Published for the Publick Good, by G. Hartman, *Chymist.*

London, Printed by *T. B*, for the Author and are to be sold at his House in *Hewes-Court* in *Black-Friers*. 1682.

MVSEVM
BRITAN
NICVM

4 B B L

TO THE

Truly Noble and Generous *LADY*

THE LADY

ANNA,

Countess of *Sunderland*, &c.

MADAM,

'TIS the Fate of Books that treat of Subjects too subtil and delicate for Vulgar Eyes (and such are all Treatises of the Mysterious Science of *PHYSICK*) though never so useful and necessary, to meet with a general Neglect and Discountenance in the World, unless recommended under the Patronage of some Illustrious Name.

There is a peculiar Charm in the Vertues of Great Perſonages, to Authorize whatever they Protect, and to command a Reſpect for all that is honoured with their Umbrage, from the moſt ſullen and obſtinate. That they are pleaſed to honour any thing with their Regard, convinceth common Judgments more of its worth, and endears it more to them than a thouſand Arguments: for there indeed they find the Force of Reaſon embodied, which otherwiſe is as inviſible to them as Angels. Such, *Madam*, was my Caſe, and ſuch a generous Protection I ſtood in need of, when it pleas'd Providence to relieve me in this Perplexity, by bringing into my thoughts the Conſideration of all your ſhining Virtues and Excellencies, whoſe Luſtre was ſo bright, that it could not but reach me, though wrapt up in never ſo much privacy and obſcurity. I conſidered that your profound and unfathom'd Knowledge could defend this poor Piece from the Ignorant; that your admirable Sweetneſs, Generoſity and Majeſtick Heroickneſs could patronage it from the Envious and Impertinent; and

and to Crown all, that you had Goodneſs enough to receive it into your Patronage: I was alſo encouraged to this Preſumption, from the Splendor you derive from the Noble Ancient Family you ſprung off: And hence I take the Boldneſs to acquaint your Ladiſhip, that theſe have ſome Relation to your Ladyſhip, they being the Collections for the moſt part (which I had hitherto reſerved) of your incomparable Kinſman, and my truly Honourable Maſter, Sir *Ken lm Digby*; whom I had the Honour to ſerve for many years beyond the Seas, as well as in *England*; and ſo continued with him till his dying Day, and of whoſe Generoſity and Bounty I have ſufficiently taſted, and no leſs of your Illuſtrious Father's, both before and after my Glorious Maſter's Deceaſe; ſo that this Trouble I give your Ladiſhip (who is the true and undoubted Inheritrix of all your Noble Fathers Virtues) reſults from the Innate Candor and Goodneſs of your Illuſtrious Stem.

What I have here Collected, having implor'd your Ladiſhips Pardon for my Boldneſs, I moſt humbly Lay at your Ladiſhips Feet; and remain,

MADAM,

Your Ladiſhips

moſt Humble Ser-

vant,

GEORGE HARTMAN.

TO

TO THE
READER.

Courteous Reader,

THis is the ſecond Time I adventured to come forth into the world in Print. My firſt Treatiſe was a Collection of rare Secrets in Chymiſtry, left me by that worthy Man Sir Kenelm Digby, my Honourable Maſter, which I reſerved by me till of late I Publiſhed them for the ſake of all ingenious Admirers of the Noble Science of Chymiſtry; wherein the Reader may find Excellent Chymical Medicines, to which I refer him. And now for the more publick Benefit of the Community, I have handed this alſo into the Preſs, being a very choice Collection of Excellent Receipts and Medicines for all ſorts of Diſtempers that are incident to the Body of Man; made or approved of by Sir Kenelm himſelf, or communicated to me by Eminent Phyſicians or Chyrurgeons in my Travels through Italy, France and Germany, and were reſerved till now by me for my private Uſe, till out of Conſcience of my Duty to the Publick, I have ſent them abroad into the world; whereby any private Perſon, or Miſtreſs of a Family may prepare their own Phyſick for themſelves or Family, according to my Directions in this Book, without the expence or hazard of coſtly, and often-

times adulterate Apothecaries Preparations. Hereby also well disposed worthy Ladies and Gentlewomen, that take delight in the Charitable Office of being their poor Neighbours Physicians, and administer Physick to their Body, as well as Food to their Stomach, may be furnished with Excellent Medicines against all Distempers, and the manner how to prepare them in their Houses, in order to the facilitating to them so good a Work.

There are likewise very safe and useful Instructions for Midwives and Child-bearing Women.

Besides, here are Excellent Directions for Cookery, for Preserving and Conserving, and of making Sweet-meats, &c. with the best way how to make Metheglin, Sider, and all Wines, &c. As likewise the Use & Manner of making that Ingenious Engin for dressing of Meat without Wood or Coals which is very useful for Sea-Captains, &c. In short, I may with Confidence say, that considering both the generality of the Medicines provided against all Maladies, and the Usefulness of them, the World hath not yet seen such another Piece.

Reader, I have no more to acquaint thee, but to beg thy kind Acceptance of these my Endeavours to serve the Publick in my Sphere; and recommending thee to the Physician of Soul and Body, I remain,

Thine to my Power,

G. Hartman.

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1. IT is very convenient for *Distilling all Sorts of Waters*, whether strong or weak, yea the choicest Sort of them, it is far beyond any Limbeck or cold Still.

2. You may Distill by it either *in Balneo Mariæ* or in Sand.

3. It requireth so little Fire, that you may *Distill* a whole Day with two pennyworth of Charcoal, and may draw about four or five quarts of *Cordial Water* in a Day.

4. You may set it upon a Table or in the window; so that you need not stoop to it, and you need not fear burning of any thing whereon it stands.

5. It serves also for Digesting and Extracting of Tinctures and Extracts, *&c.*

6. The Furnace marked B will serve you better than a Chasingdish for boyling your Syrups upon it, and for preserving and candying and making of Gellies, *&c.*

7. This *Engine* also very convenient for boyling and stewing all Sorts of meats and Fricasies, *&c.* It is the neatest and cleanliest way of dressing Meats, and will be sooner done, and the meat dressed in it is more tender and savoury than that which is dressed the ordinary way.

8. You may use it with its Furnace with *Char-Coal*, or with its Lamp, with *Rectified English Spirit*; such as the *Distiller* sell for 1 *s.* 6 *d.* the quart, which burneth all away, and for two pennyworth of *Spirit* you may dress a Dish of meat.

9. By means of the Lamp you may boyl *Coffee*, *Tea* and *Choccolet*, setting the Pot upon a Trefoot and the Lamp under it.

10. It

10. It is a very convenient thing for Masters and Commanders at Sea, to dress Meat in it in their *Cabin*.

11. It is also very necessary for a small Family or for Lodgers, to boyl or stew Meat in it, chiefly in the Summer-time.

This *ENGINE* finding a general Acceptance because of its Usefulness and convenience, since I Printed my Book, and since I devised the Furnace to it. I thought it convenient to make a new *Draught* of it, and to give a full Description of it: And whereas some persons may be desirous to know, whether the thing will do what I speak of it, I thought it necessary to set down here the Names of those Persons, which have lately had the said *Engin*, of whom they may be informed.

The Names of those Persons that had it before I made the Furnace to it, when it was only used with the Lamp.

My Lady *Oxenden*, Captain *Warren* Commander of a *Barbadoes* Ship in *Wappin*, Captain *Travany* Commander of the *Queens* Frigot, Mr. *Rush* Distiller in *Wappin*, Mr. *Devereux*, Mrs. *Pellet*, Mrs. *Purse* at St. *Jameses*, Mr. *Nealer* Master of a Ship.

A Catalogue of the Names of those persons that have had this Engine, made by my directions since it was used with the Furnace within this three Months.

The honourable Esq. *Boyl*, Dr. *Faber* in three *Crain* Court, Dr. *Weidenfield* in *Moor-fields*, Mr. *Castinire* in *Gracious-street*, Cap. *Paldin* in great *Russel-street*, Colonel *Howard*, Esq. *Daugly*, My Lady

Lady *Johnson* in *Hatton-garden*, Madam *Owen* ditto, Madam *Keskwick* ditto, My Lady *Smith* in St. *John's*, My Lady *Blake* ditto, My Lady *Greenfeld* in *York-street*, one made of Brass, My Lady *Bridgeman* ditto, Countess of Bedford in the *Strand*, Countess of *Portland*, *Pellmall*, My Lady *Dixon* ditto, My Lady *Temple* ditto, Madam *Ackins* in *Cabidge-Lane*, Mrs. *Duncomb* in *Exeter-Exchange-Court*, My Lady *Carterick* in *Fret-street*, *Soho*, Mrs. *Mansfield* in *Broadstreet*: Mrs. *Ensworth* in *Basen-hall-street*, Mrs. *Slayter* ditto, Mrs. *Dumstead* in *Grub-street*, Mrs. *Broughton* in *Black Fryars*, Mrs. *Willoughby* in *Coven-Garden*, Mrs. *Herbert* in *Three Crane Court*, Mrs. *Herbert* one sent into *Wales* to a Friend, Mr. *Whitehall* Goldsmith in *Lumbard street*, Mrs. *Hoskins* at *Retheriff*, Mrs. *Braddyll* in St. *Bartholemew Close*.

Most of these Engines have been made of Tin by Mr. *Waterman* in *Four Dove Court* in St. *Martins*, whom I have instructed to make them well as for the Tin-work.

An Explication of the Parts of this ENGINE.

A The whole *Engine*. B The first Furnace with a Firestone and a Grate C The Ash-hole D The Hole to put the Fire in. E The Second Furnace, wherein stands the *Balneum* or Stew-pan. F The *Balneum* or Stew-Pan G The Cover of the Stew-Pan with a hole in it, so big that the upper part of the Cucurbite may come through it. H The Cover of the Hole of the Stew-Pan to cover it, when one hath a mind to boyl or stew meat in it. I

The Cucurbite K The Glass Head L a little Hole in the Cover of the *Balneum* with a little shutter to put more Water into the *Balneum*, when it consumes by *Distilling*. M The Door of the Firehole sliding up and down. N A piece fastned like a Spring to hold up the Door O The Lamp made of Tin. P A Spout to fit on the Beak of the Glasshead.

Directions how to use this ENGINE for Distilling in Balneo Mariæ, *which is the best way for Distilling the choicest Waters.*

Having put your Materials (which you mean to distill) into the Body or Cucurbite marked I, place the same into the *Balneum* F, which being filled with Water and placed into its Furnace E put on its Cover G to keep in the heat of the Water: Then put on the Glasshead and Lute it with a strap of Paper, smeared over with paste made of flower and water; then fit on the spout to the beak of the Glass Head with some Paper, and this is called *Distilling* in *Balneo Mariæ*, when the Body or Cucurbite stands in water.

But if you will *Distill* in Sand, you must have a Pan or *Balneum* made of Brass (for Tin would melt and unsolder) then having put first an Inch thick of Sand in the bottom, put your Cucurbite upon that, with the Ingredients, and then fill up the Pan with Sand round about the Cucurbite, and give a gentle Fire, and this is called *Distilling in Sand.*

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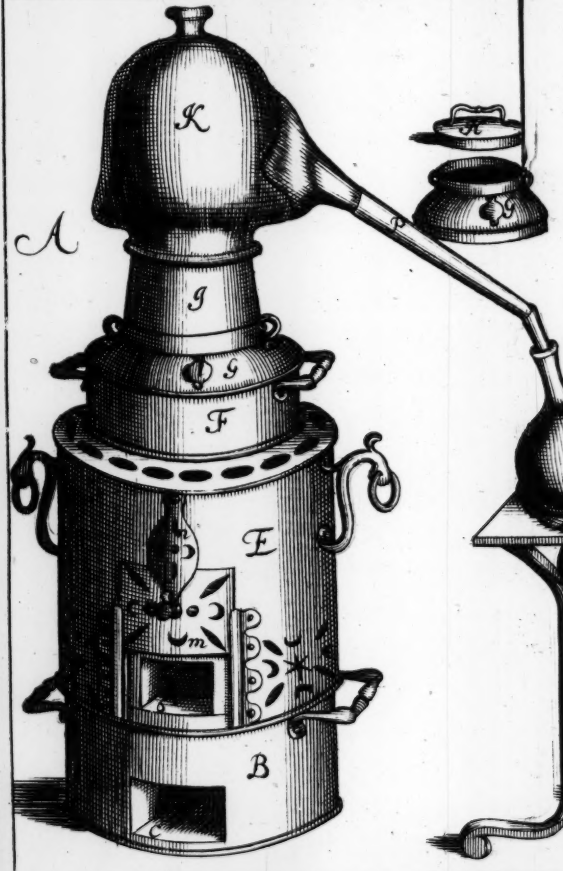
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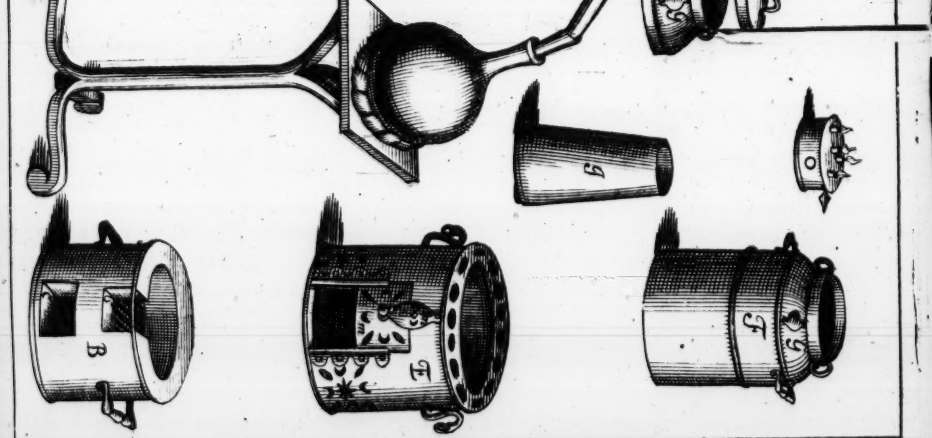
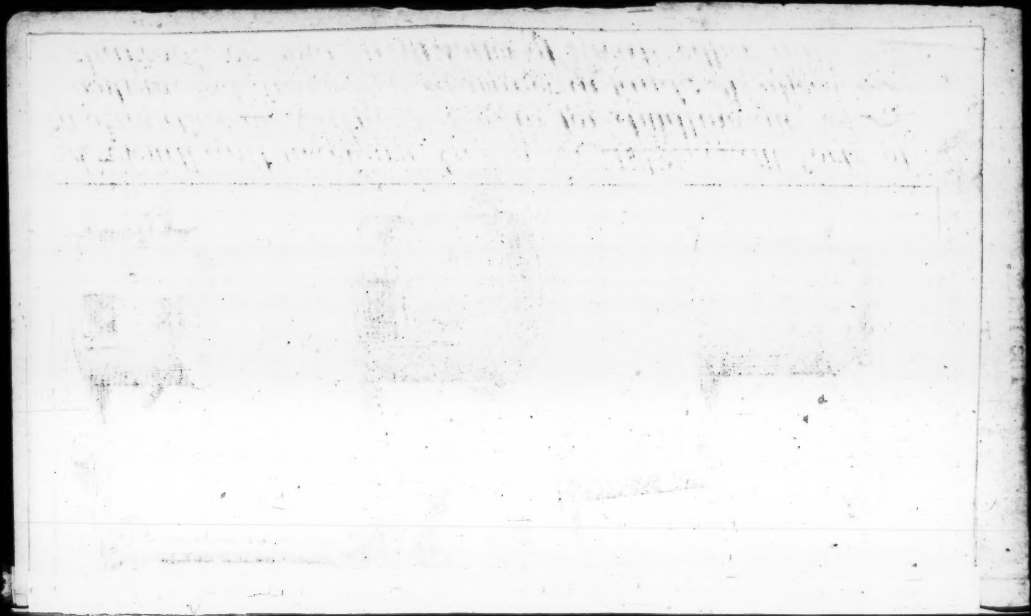


A vsefull and necessary Engin for distilling all Sorts of waters, ether in Balneo mariæ or in sand: As also for boiling and Stewing all Sortes of meats, eilher with charcoal or by a lamp with Spirit.



CHAP. I.

Of Choice and Experimented Remedies in all affects of the Breast and Lungs, as Conſumption, Phthiſic, Aſthma, ſhortneſs of Breath, ſtreightneſs of Breaſt, Coughs, ſpitting of Bloud. &c.

A very excellent Pectoral Syrup againſt a Conſumption, ordered by a Phiſitian for a great Lady.

TAke Ceterach, Maidenhair, Coltsfoot, Aniſeeds, Liquorice, of each one ounce; Scolopender, Lungwort, Knotgraſs, of each one handful; Root of Elecampane, half an ounce thirty large Raiſins of the Sun ſlit and ſtoned, fifteen Figs cut ſmall, two Radiſhes cut ſmall, ſhred Herbs ſmall, and bruiſe the Roots and Seeds; put them all in a large Pipkin, and pour there-

on five quarts of Springwater, let it boyl gently upon a moderate fire, until two quarts of the water be conſumed, then ſtrain it: To the ſtrained liquour put two pound and half of double refined Sugar, clarifie it with whites of Eggs, and boyl it to the conſiſtence of a Syrup; whereof take one ſpoonful at a time, by it ſelf, three or four times a day, in the Morning faſting, before Dinner, at four in the Afternoon, and at Night going to Bed; let it run eaſily down your Throat; you may take of it alſo at any time in the Night when there is occaſion.

The Deſcription of an Excellent Pectoral Decoction againſt Conſumption, Colds, Coughs, Aſthma's, &c.

TAke Paulsbittanny, Maidenhair, white Horhound, of each two handfuls; Root of Elecampane, Liquorice, Florence Orris, of each two ounces; Flowers of Borage, Bugloſs, Roſes, red Poppies, of each one handful, Coltsfoot half a handful, Nettleſeed, Carduusſeed, Aniſeed, ſweet Fennelſeed, of each half an ounce; Calamus Aromaticus, Lignum Vita, China Root, of each one ounce; Cinamon Galingal, Cardamums, Cloves, of each three ounces. Boyl all in ten quarts of water to ſix quarts, then ſtrain it, and put into it three pound of refined Sugar; drink it warm four ounces at a time three times a day.

De-

Decoction for the Lungs.

TAke Maidenhair two handfuls, Hyſop, Pennyroyal, of each half a handful, Roots of Florence Orris three drams, Elecampane one dram and half, Liquorice ſcraped and bruiſed, half an ounce, large Figs one ounce and half; cut the Herbs, and bruiſe the Roots, and boyl it in two quarts of Fountain-water to a quart, then ſtrain it, & put to it one ounce tinckture of Safron; then ſweeten it with Sugarcandy or Loaf-ſugar; and take ſix ſpoonfuls of it warm three or four times a day.

The Tincture of Safron you may make preſently, by putting half an ounce of Safron into a Bottel or Phiol, and then pouring upon it half a Pint of good Brandy; (if you have not Rectified Spirit of Wine) ſet the Bottel in a warm place, and ſhake it ſome times, and the Brandy will extract the Tincture out of the Safron, and leave it as white as ſtraw which then hath no more vertue.

Another moſt Excellent Pectoral Decoction or Drink.

TAke half an ounce of French Barly, boyl it in two quarts of Fountain-water for a quarter of an hour; then put into it Raiſins of the Sun ſtoned ſix drams; Jujubes, Sebeſtens, of each twelve in number; fat Figs, Dates ſtoned,

ned, of each ſix in number, all cut ſmall; let all theſe boyl with the Barly another quarter of an hour; then put to them Lungwort, Scabious, of each one handful, Hyſop, Politrice, Flowers of Coltsfoot, of each one pugil; (that is, as many as you can hold between two fingers and your thumb) Liquorice ſcraped and bruiſed two drams; let them boyl all together a little more than a quarter of an hour; then ſtrain it when it is half cold.

It is an excellent Pectoral, curing Obſtructions, and moſt other Diſeaſes of the Breaſt and Lungs, as Coughs, Asthma's, or ſhortneſs of Breath, Phthiſicks, hoarſneſs, *&c.* The Patient may take about half a pint of it warm, Morning and Evening

Doctor Hornick *his Excellent Pectoral Water againſt a Conſumption.*

TAke the Liver of a Calf, and the Lungs of a Fox, the herb Lungwort, Liverwort, Sage, Rue, Hyſop, of each one handful; Elecampane, the Root of Flag, of each half an ounce; Aniſeeds, Carrawayſeeds, ſweet Fennelſeeds, of each half an ounce; flowers of Borage, of Bugloſs, of each two drams: Cut them all very ſmall, then infuſe them for twenty four good hours in two quarts of good old Mallago, and Scabious, and Carduus-water, of each four ounces; Hyſop-water two ounces, then diſtil it, and ſweeten it with Sugarcandy; drink a lit-

a little Glaſsful thereof two or three times a day.

This Water is much recommended againſt a Conſumption; It comforts and ſtrengthens the Lungs and Liver; facilitates Expectoration, attenuates the tough and thick Phlegm, expells wind out of the Stomach and Bowels, and opens the obſtruction of the Lungs and Liver.

Another Pectoral Water diſtilled.

TAke Scabious, Paulsbittany, of each two handfuls, Maidenhair, Sage, Hyſop, Horhound, Liverwort, of each one handful; Flowers of Borage and Bugloſs, of each one handful, Elecampane, Florence Orris, Roots of Parſlee, of each half an ounce; Aniſeeds, ſweet Fennelſeed, Nettleſeed, Cinamon, Safron, of each half a dram; Cut the Herbs, and bruiſe the Seeds and put them all into a fit Veſſel, and pour upon them three quarts of good old Wine; ſtop the Veſſel cloſe, and let it ſtand to infuſe for a week, then diſtil it, to the water diſtill'd add Sugarcandy, Spaniſh Juice of Liquorice one ounce, Salt of Tartar ſix drams, drink thereof two or three times a day one ounce at a time.

This is recommended as the greateſt and beſt Pectoral: It not only opens all obſtructions of Lungs. helps Colds, Coughs, Asthma's, ſpitting of Bloud and Matter, but alſo gives eaſe in all pains of the Stone.

Dr. Scroderus *his Asthmatick Water againſt Phthiſick, ſhortneſs of Breath, It comforts a weak and cold Stomach, and expells Wind, and helps fainting Fits.*

TAke Coltsfoot, Sage, Marjoram, Hyſop, white Horhound, of each half a handful; Roots of Elecampane, of Jentian, of each three drams; Cloves, Ginger, Cardamoms, of each two drams and half; Florence Orris, Polipod of the Oak, Liquorice, Jujubes, Sebenſtens, Currants, ſweet Almonds, of each three drams; Squils dry'd half a dram, of ſeeds of Nettles, Fennel and Baſil, of each three drams; four ſoft Figs cut ſmall; bruiſe all the Roots and Seeds, and ſhred the herbs, put them all into a Veſſel, and pour thereon two quarts of Sack, three Pints of Nants Brandy, one ounce of Honey; ſtop the Veſſel cloſe, and let them ſtand to digeſt for ten days, then diſtil it, ſweeten the diſtilled Water with the beſt refined Sugar to your taſte, and drink thereof one ounce at a time, two or three times a day.

Dr. Salmon *his Pectoral Wine.*

TAke Rheniſh Wine two quarts, Salt of Tartar, Aniſeeds, Corianderſeeds, Carraways, of each one ounce; bruiſe them all, and digeſt them into the Wine for ten days, then ſtrain it; To the ſtrained liquor add Spaniſh Juice of Liquorice

quorice four ounces; diſſolve it in the Wine by the warmth of a Balneum; or put it into a Coffy-pot and cloſe it well, and ſet it in warm water; and being well-ſetled, pour off the clear Liquor, and keep it for uſe.

Salmon recommends this as an admirable Pectoral, curing moſt Diſeaſes of the Breaſt and Lungs; as the inveterate Cough, Asthma, Phthiſick, Inflamation or Impoſtume of the Lungs, with a ſhortneſs of Breath, pains of the Side and Stomach, and obſtructions of both Liver and Spleen.

A moſt Excellent Pectoral Syrup againſt Asthma, Conſumption, of a famous Phyſician.

TAke French Barly two ounces, Roots of Fennel, of Elecampane, of Liquorice, of Smallage, of Butterburr; Raiſins of the Sun ſtoned, of each one ounce and half, twelve Dates; Jujubes and Sebeſtens, of each thirty; Leaves of Coltsfoot, of Lungwort; the tops of Hyſop, of white Horhound, Maidenhair, of each one handful; Aniſeeds, Cottonſeed, of each half an ounce; flowers of Coltsfoot, of Butcher-Broom, of each half a handful.

The way of making this Syrup, is thus; boyl the Barly in nine quarts of water for half an hour, then put in the Roots of Butterburr, of Smallage, of Elecampane and Fennel, all well cleaned and cut ſmall; let them boyl alſo for half an hour, then put in the Dates, Jujubes,

Sebenſtens and Raiſins all cut ſmall, then let them boyl with the Eeſt for a quarter of an hour, then put in the herbs cut ſmall, which boyl alſo for a quarter of an hour longer; then put in the Liquorice and the Seeds bruiſed, and the Maiden-hair, and the Flowers; and having boyled only five or ſix wallops, take the Decoction off from the fire; and when it is half cold ſtrain it, then put in five pound of double refined Sugar; and having clarified it with the white of an Egg, boyl it to the conſiſtence of a Syrup, with a very ſlow fire; then being cold, you may aromatiſe it with ſix drops of Oyl of Aniſeeds, and two drops of Oyl of Cinamon mixt with about an ounce and half of fine Sugar in fine powder.

This Syrop is good to cut and expectorate the cold and tough Phlegm of the Lungs, and of all thoſe parts which ſerve for reſpiration; It giveth chiefly great eaſe and relief to thoſe that are troubled with Asthma's, Phthiſick, and ſhortneſs of Breath, with old and inveterate Coughs; for it opens the Pipes, and brings away the Phlegm which ſtopped them. One may call it the Balſom of the Lungs, and chiefly of thoſe of aged Perſons; one may take a ſpoonful of it at any time in the night, and in the day-time; ſome diſtance before and after meals, and ſo continue the uſe thereof, or begin again according as you ſee it needful.

Another Excellent Syrup for those that spit Blood, experienced by Squire Boil.

TAke Comfry Roots six ounces, leaves of Plantine two handfuls; beat them well together in a stone Mortar, then press out the Juice, which strain through a linnen cloth; let it settle, then boyl it up to a Syrup, and clarifie it with the white of an Egg.

Take a spoonful of this Syrup several times a day, and at any time in the night. If you will use this Syrup presently, you may only use equal parts of the Juice and Sugar; but if you would keep it all the year long, you must take two parts of Sugar to one of Juice.

Another Remedy for Spitting of Blood.

TAke Leaves of Coltsfoot, half a handful, shred it very small, then fry it with a little Bacon; then put to it the yolk of an Egg, and stir it well together; eat it in the morning fasting; continue this for some time.

A Broth with Chinaroot for a Consumption used by a great Lady.

TAke Chinaroots thin sliced two ounces, white and red Sanders, of each three drams, put them into a large Pipkin, and pour upon it four quarts of fair water; cover it close, and let it stand

ſtand to infuſe in a warm place, or in hot water for twenty four hours; then put to it a good Pullet, or two Chickens; let it boyl, and ſcum it well; then put into it two handfuls of five-leaved-graſs, Maidenhair and Hartstongue, of each half a handful; twenty Dates cut ſmall, a little Mace, with the under-cruſt of a Manchet; let all theſe boyl together until two quarts be conſumed; then take out the Pullets or Chickens, and ſtamp them in a clean ſtone Mortar, then put it in the Broth again and let it boyl for half an hour longer, then ſtrain it, and preſs out all the Broth from the Pullet: If you pleaſe you may ſweeten it with Sugarcandy.

Drink of this Broth warm early in the Morning, and ſleep after it if you can, and another draught at four in the Afternoon, and when you go to reſt,

Another Broth for a Conſumption.

TAke Conſerves of Roſes one ounce, Conſerves of Borage and Buglos-flowers, of each half an ounce; Pine Apple-kernels, and Piſtacios, of each half an ounce, yellow Amber in powder two drams; beat and mix them very well in a ſtone Mortar, then take a Pullet and put all theſe Ingredients in the Belly of it, then ſow it up clo e, and boyl it in three quarts of water; when it hath boyled one hour, put into it Egrimony, Endive, Succory, Sparrowgraſs-roots, Fennel-roots, Caper-roots, and Raiſins of

of the Sun ſtoned, of each one handful; let it not boyl until the Pullet be pretty tender, then take it out and beat it in a ſtone Mortar, then put it into the liquor again, and let it only boyl five or ſix wallops, then ſtrain it, and preſs out all the ſubſtance of the Pullet, then put to the Broth a little red Roſewater, and half a pint of white Wine.

Drink of this Broth warm in the Morning in your Bed, and ſleep after it if you can, drink another draught of it in the Afternoon, and at Night going to Bed.

Another reſtoring Broth againſt a Conſumption.

TAke twoor three Marrowbones of onOx, break them, and boyl them in four quarts of water until two quarts be conſumed; then ſtrain the liquor and let it cool; then put it in a Pipkin with a young Cock, and a Knuckle of Veal, with the under-cruſt of a Manchet, two ounces of Raiſins ſtoned, ſix Dates cut ſmall, and a little mace: let all boyl together with a gentle fire until half be conſumed, then ſtrain it; make an Emulſion with a few Piſtacios with ſome of this Broth; then put this Emulſion to the reſt of the Broth, and drink thereof warm three times a day, and ſo continue for ſome time.

Another reſtoring Broth for ſick and convaleſcent Perſons, by Sir K. Digby.

TAke two ſpoonfuls of Frenchbarly, ſcall'd it in two waters, throw away the waters, put the Barly into a Pipkin with a Crag-end of a Neck of Mutton, and a Knuckle of Veal; pour thereon a ſufficient quantity of fair water, and let it boyl, ſcumming it well, when it hath boyled one hour put into it a Pullet, and let it boyl an hour longer, then put in a large quantity of Sorrel, Lettuce, Purſlain, Borage and Buglos, and boyl an hour more, three hours in all: Before you put in the Herbs, ſeaſon the Broth with Salt, a little Pepper and Cloves, then ſtrain out the Broth, and drink it warm.

Another reſtorative Broth for weak and conſuming Bodies.

TAke of the beſt Chinaroot thin-ſliced half an ounce, infuſe it twenty four hours in a Pottel of Springwater, in a Veſſel cloſe ſtopp'd, and ſet in hot water; then put therein a ſmall Chicken, or a little piece of a Neck of Veal, boyl it gently, and put into it a Succory-root ſcrapt and pitthed; leaves of Agrimony, Buglos, Ceterach and Endive, of each one handful; Hartshorn two drams, with a Cruſt white Bread; boyl it to the conſumption of half the liquor; then ſtrain it, and being ſweetened to your taſte with

with fine Sugar or Sugarcandy, drink off warm early in the Morning, and about four in the Afternoon about a third part of a pint; continue it for the ſpace of three weeks taking it every day.

A Cordial Broth againſt a conſuming heat in the Body.

TAke a piece of Veal or Mutton, and a good Chicken, half an ounce of Hartshorn, and as much Ivory, one handful of Currants, Roots of Sparrowgraſs, Fennel and Parſlee-roots, a few of each ſliced and bruiſed; Borage and Bugloſs-flowers, of each one handful, with a little bundle of ſweet herbs, namely ſweet Marjoram, Roſemary, Thime, Winterſavory, a ſliced Pippin or two, and a Cruſt of white Bread; put all theſe in when the meat is well ſcummed and hath boyled awhile; you muſt take three quarts of Springwater, and boyl it to the conſumption of half; ſtrain it, and drink thereof warm two or three times a day. It ſtrengthens nature, and allies the conſuming heat in the Body.

An other Excellent Broth for Conſumptive Perſons.

TAke Parſlee and Fennel-roots two of each, Elecampane, and Piony-roots, of each half an ounce; Maidenhair, Coltsfoot, and unſet Hyſop, of each one handful; Liquorice bruiſed

ſed one ounce; ten Figs, four Dates ſliced; Raiſins ſtoned four ounces; two flakes of Mace; Aniſeeds bruiſed two ſpoonfuls, and a little Safron; put all theſe into the belly of a good Cock about a year old or more; ſow up the vent and the skin of the Neck very cloſe; boyl it in a Gallon of Springwater, ſcum it very clean, and put into it a ſpoonful of good flowery Oatmeal and one pugil of Thime; let it boyl gently with a moderate fire to the conſumption of a quart, then ſtrain it and preſs it gently. Drink of this morning and evening warm eight or ten ſpoonfuls at a time.

An Excellent Snail-Broth for a Conſumption.

TAke an hundred of Snails with their ſhels, waſh them in water and ſalt, then waſh them three or four times more in fair water to waſh away all the ſalt, then bruiſe them with their ſhells; then take a red Cock-chicken, Borage, Buglos, Agrimony, Cinquefoyl, Violet-leaves, of each one handful; a Mallowroot, a Fennelroot, a Succoryroot, and a Blade of Mace; boyl all theſe in a ſufficient quantity of water; then ſtrain it, and drink thereof every morning, and about four in the afternoon.

A comfortable reſtorative Broth for the Stomach.

TAke Saſſafraſe three ounces, of China ſliced one ounce; infuſe it all Night in Springwater,

ter; the next morning put thereto a Cock well-dreſſed, and three handfuls of Raiſins of the Sun ſtoned, or of Prunes, or of both if you like it, and a little bundle of Roſemary, Thime, and a Cruſt of Manchet-bread, and at the latter end a little whole Mace; let it boyl cloſe covered until half is conſumed, then ſtrain it, and take thereof a draught every morning very warm, and another to bedward.

An Excellent purging Broth to preſerve Health.

TAke a Knuckle of Veal, cut away all the fleſh and fat, then break and bruiſe all the Bones, and boyl it in a Gallon of fair water, ſcum it clean, and then put thereto four ounces of Raiſins ſtoned, two ounces of Currants, two Fennelroots, and one Succoryroot, and a ſmall quantity of Endive, of Violet and Strawberry-leaves, of Liverwort and Scabious, of each half a handful; boyl theſe till half the liquor is conſumed; then take it from the fire, and put into it one ounce of the beſt Sena, half an ounce of Tamarisk, and two drams of Epithimum; ſet it on hot Embers, and let it ſimper for an hour, then ſtrain it from the Ingredients; this proportion will ſerve four days, being taken in the morning warm, and ſo likewiſe in the Evening.

A Capon-Drink against a Conſumption.

FLea a lean Capon, quarter it and break all the bones; then a quart of red Roſewater, and as much of Carduus water, with one pound of White Sugar Candy finely beaten, ſix of the beſt Pippens pared and ſliced from the Coars, two Lemmons ſliced, a little Cinnamon cut in ſmall pieces, a little ſweet Marjoram and as much mother of Time, with a few Coriander Seeds prepared; put all theſe into a new earthen pot, prepared, firſt one layer of the Capon, and then a layer of the Ingredients; they being thus laid by degrees throughout in ſeveral layes, put in the Roſe and the Carduus Waters, then lute up the Pot with Rye Paſt ſo cloſe, as no Air may get in, nor heat breath out; this done ſet the pot into a pot of boyling water, and let it boyl twenty four hours, and then take out the Capon and ſtamp it in a Morter, and put it again into the liquor, and ſtrain it through a Gelly bag and drink thereof half a porringer at a time: It is very reſtorative.

Another Capon-drink for the Conſumption.

Take two Capons, and parboil them with a ſoft Fire, for an hour, till the Blood is quite gone; then take the Peels of two good Limons or more, cut away the ſhanks of the Capons, and break the Capons in a great Mortar, till the

the Bones are crushed small; which done, make a bag of fine Bolter, and take four Gallons of strong Beer or Ale new from Tunning, and make in the Vessel a Bung-hole, wherein put the Bag, with the Capons and Limon peels in it, and lay a Stick cross the Bung-hole, and fasten the mouth of the Bag thereto, so that the bottom of the Bag may touch the bottom of the Vessel, and not lie flat at length; let it steep therein three days and nights, leaving the Bung-hole open, that it may work, and after working, close the Bung-hole, and let it rest a day and a half, and then draw it into Bottles, and three days expired, drink thereof: It will continue good six weeks.

For the Consumption of the Liver.

Take a Gallon of the strongest Ale wort can be gotten of the first running and strength of the Ale, the Brewer s commonly sell it for six pence a quart, boyl it in an earthen pot, till it is as thick as an Electuary; after it begins to thicken in the boyling it must be continually stired, otherwise it will burn to, and be worth nothing; the whole Gallon will make but a quart of Syrup, or thereabout; put it into a Gallipot, and keep it for your Use, and in the Morning fasting, at four in the Afternoon, and when you lie down to rest, daily, take a spoonful or two, and you will speedily find, by God's Blessing, Amendment. It is the same thing to

boyl many Gallons at a time as one, and the Trouble of making them may be ſaved.

A rare Medicine for a Conſumption, though much decayed therewith.

Take two Quarts of new Red Cow's Milk, the more Stroakings the better; put it into an earthen Veſſel of three Quarts, that it may have room to boyl; then put into it two ounces of Syrup of Roſes, and as much brown Sugar-Candy; ſtop it very cloſe with Paſte, and put it into an Oven with Houſhold Bread; take of this for your ordinary Drink, eſpecially firſt and laſt every day, a little warm. This hath done great Cures in that kind. You may do well to add to it two ounces of Syrup of Coltsfoot, or rather Syrup of Ground-Ivy.

Another.

Take a hinder Leg of Beef, cut out all the Sinews, and a little of the Fleſh with them; then take a pretty quantity of the Pith of an Ox, ſix Dates, and a little whole Mace; put all theſe into a Stone Pot with half a pint of white Wine; paſte it up cloſe, that no Steam vapour out, or Air get in: Which done, ſet it in a Pot of ſeething Water, and keep it boyling twelve hours; after which, ſtrain it: Take of this in ſome other Broth, as much as the Stomach will well bear. If you pleaſe, you may add to it ſome

some Flowers of Rosemary, or a little sweet Marjoram, before luting of the Pot.

An Excellent Electuary very good for a violent Cough caused by a sharp thin tickling Rheum.

Take Conserve of Roses, and work into it by strong grinding and beating in a Mortar, as much as you can of pure Olibanum, (white Frankincense) in very subtil Powder, so that the Consistence be very stiff of the Frankincense: Of this, take as much as a good Hazel-Nut in a Spoon, with a little Syrup of Violets about it, or Syrup of Ground-Ivy; take it in the Morning and at night, and sometimes in the day if need be: This hath been often approved.

Another very Excellent Electuary for a violent Cough and Obstructions of the Lungs, much Approved.

Take Conserve of Ground-Ivy two ounces, Conserve of Red Roses one ounce, *Lapis Hematites*, Crabs Eyes, reduced into a fine powder, of each three drams, Frankincense in fine powder two scruples; Oyl of Cinamon and Mace of each three drops, Syrup of Comfrey-Root, and of red Poppy of each half an ounce; Make it up into an Electuary; whereof take the quantity of a Nutmeg, in the Morning fasting, and at Night.

A very good Poſſet for a Cold or Cough, be it never ſo violent, which hath cured many Perſons both young and old.

Take a Quart of Milk, and make a Poſſet thereof with a pint of Ale; then ſtrain it, and put into it two ſpoonfuls of Aniſeeds beaten, two Pippins ſliced with the parings, and a ſtick of Liquoras bruiſed, and a quarter of a pound of Raiſons ſtoned; let it boil gently for half an hour; then ſtrain it again, and drink a draught thereof warm with a little piece of freſh Butter in it: Take it two or three times a day.

Another Electuary for the Cough and Rheum falling upon the Lungs.

Take half an ounce of conſ. Roſes, a ſpoonful of Syrup of Violets, 3 ſpoonſuls of Honey, Frankincenſe in fine powder, and Flower of Sulphur, of each one dram; mix them well to an Electuary; which take upon the bruiſed end of a Liquoras ſtick.

The Lady Garret's *Excellent Remedy for a Cold or Cough; Approved.*

Take Fennel and Parſley Roots, four of each, waſh and ſcrape them, and take the pith out of them; Maidenhair, *Roſa Solis* flower, of each one

one handful; Liquoras, Coriander, and Aniſeeds one ounce, five leaves of Harts-tongue, Lungwort and Liverwort, of each a handful, Raiſins ſtoned half a pound; ſhred the Herbs, and bruiſe the Seeds, and put them all in a pottle of Spring-water in a pipkin cloſe covered; which ſet on hot Embers for a whole day, till the Liquor be half conſumed; then ſtrain it without preſſing it; then ſweeten it with brown Sugar-Candy, and drink thereof Morning and Evening.

Dr. Harvey *his Excellent Snail-water againſt Conſumptions and Hectick Feavers.*

Take a pound of Garden-Snails with their Shells, eſpecially thoſe that are about Vines; waſh them well with water and a little ſalt; then waſh them once or twice more with fair water, to waſh off the ſalt; then bruiſe them with their ſhells to a Maſh in a ſtone-Mortar: add to them Ground-Ivy, Spedwell, Lungwort, Scabious, Burnet, Coltsfoot, and Nettle tops, of each a handfull; Engliſh Liquoras, half an ounce; Dates ſtoned twelve in number; of the four great cold Seeds, of each one dram and a half, Saffron a ſcruple, put them with the Snails in a new glazed Pipkin, or a Tin Coffee-pot, which is better, and pour on them a quart of Spring water; faſten the Cover cloſe to the pipkin, by paſting it round with Dough: Set the pipkin in a Kettle of hot wa-

ter over the fire; let it ſtand therein for twelve hours; then ſtrain it, and preſs out the Liquor, diſſolving into it while it's warm a quarter of a pound of clarified Honey, put it up in Glaſs-Bottles, and keep it in a Cellar.

Note, That the Herbs muſt be ſhred, the Seeds bruiſed, and the Liquoras cut ſmall.

This water cools the heat of the Hectick Fever through the cool, clammy, and glutinous ſubſtance of the Liquor of Snails: It repairs the parts conſumed, it facilitates expectoration, that is, it makes the tough Matter and Flegm come up eaſie by Cough, through its lenifying quality, whereby it ſweetens the Humors, by allaying thoſe gnawing Salts that prey on the Lungs. Some would have this to be diſtilled; but in the diſtilling of the Snails, there is no part of the unctuous or glutinous Liquor that cometh over or paſſeth the Alembick, but remains in the bottom of the Still, and a meer Flegm and Elemantary water cometh over, which hath not power to do the Effects abovementioned. For this, and other Reaſons, the Doctors commend the aforeſaid Water. This Water is alſo good for Rickets in Children. I have been told by ſeveral credible perſons, who have ſeen the experience of it, that many perſons have been recovered out of a Conſumption by eating Snails boiled in Milk; the Snails waſhed with water and a little ſalt, and then waſhed again once or twice to waſh off the Salt, and then ſtamped with their Shels, as in the foregoing

ing Receipt, then boil them in Milk, and having ſtrained it, grate ſome Nutmeg in it, and ſo eat it.

The Syrup of Turnips is very good for a Cough or Conſumption. Make it thus.

Bake a quantity of Turnips pared, in a pipkin cloſe covered, in an Oven with Houſhold-bread, then preſs out the Liquor as hard as you can: Take of this Liquor one pint, Hyſop-water half a pint, boil it with brown Sugar-Candy to a Syrup, and clarifie it with the White of an Egg.

Another Remedy againſt a Cold or Cough.

Take a pint of Hyſop-water, a quarter of a pound of Sugar-Candy, a ſpoonful of Aniſeed bruiſed, and a ſmall ſtick of Liquoras ſcraped and bruiſed, a Pippin ſliced with the parings) let this ſtand together all night, the next morning boil it a quarter of an hour; then ſtrain it, and take three or four ſpoonfuls of it at a time warm, in the Morning and at Night when you go to bed, and at any time in the Day.

Another Remedy for a Cough or Cold from an Eminent Lady.

Take Hyſop, Raiſins of the Sun ſtoned, and Figs ſliced, of each a ſmall handful, Aniſeeds bruiſed two ſpoonfuls, Colts-foot a good handful; ſhred the Herbs, and put all together into a Gallon of Spring-water; boil it until above half be conſumed, putting into it towards the latter end a good ſtick of Liquoras ſcraped and bruiſed; then ſtrain it and ſtir in it three or four Spoonfuls of Honey. Drink thereof warm four or five ſpoonfuls at a time in the Morning, Afternoon, and at Night.

An Excellent Electuary for a Cough or Conſumption.

Take Enulacampana-roots, boil them a little in Water, then pour away the Water, and boil them again in freſh water until they be tender; then mix them with as much of the Pap of roaſted Pippins, the weight of theſe both of brown Sugar-Candy in fine Powder; ſtamp theſe well together in a Stone-Mortar to a Conſerve.

Take of this every morning the quantity of a Walnut for a week or fortnight, and afterwards take it but three times a week.

Another

Another Experimented Remedy for Aſthma, *Shortneſs of Breath, Straitneſs of Breaſt, and Oppreſſion of the Stomach*, &c.

Mr. *Newel* told me a Friend of his being much troubled with the Diſeaſes above mentioned, took for ſome time every morning three ſpoonfuls of the beſt Sallet Oyl he could get, with a little Sugar; this he continued for ſome time, and was perfectly cured.

I have been told, that ſeveral perſons have been cured of dry conſumptive Coughs, by drinking every Morning a good Draught of Poſſet Drink, and then taking three ſpoonfuls of good Sallet Oyl after it; in the Poſſet was boiled ſome of the Moſs that groweth upon Oaken pales a good handful in two quarts; the Poſſet was repeated at night without the Oyl, drinking it warm, and ſometimes in the Afternoon, taking ſometimes at night one of *Matthews*'s Pills, drinking the Poſſet after it, going to bed.

Some have been cured of dry Coughs by the Uſe of this Poſſet alone boil'd with the white Moſs that groweth upon Oaken pales, drinking it warm three times a day.

Another

Another Excellent Remedy againſt Conſumpion, Experimented by Dr. *Bates.*

Take Colts-foot, Succory, Endive, Borage Liverwort, of each ſix handfuls, ſhred them all, very ſmall, put them in a Gallon of new Milk, let them ſteep all night, in the morning diſtil them.

Take of this water, and of Red-Roſe-water, of each three ſpoonfuls; put this to half a pint of Red Cows Milk, ſweeten it with Sugar of Roſes, and ſo drink it warm; repeat the ſame in the Afternoon, and at night when you go to bed.

This is a very good Remedy; the water is good againſt Hectick Fevers; and the uſe of the Sugar of Roſes is good when there is any Looſneſs.

The Syrup of Ground-Ivy is a very Sovereign thing in all conſumptive caſes; it is pectoral, cephalick, and vulnerary, and heals the Ulcers of the Lungs; the beſt time of making it is in *May*. The way of making it is thus: Take the Leaves and Stalks of it, cutting only the Root, then waſh it, and drain it well; then ſhred it a little, and ſtamp it to a Maſh in a ſtone-Mortar, then preſs it in a hair-bag in an Apothecaries Preſs, to get out all the Juice; which being ſetled, powr it off, and let it boil a walm or two, and the curd or droſs will riſe on the top of it; which ſcum off, then take two pounds

pounds of Sugar to a quart of Juyce, and having clarified it with the White of an Egg, boil it to the Consistence of a Syrup.

For a Cough of the Lungs, or any stuffing or obstruction in the inward Parts; which hath often been approved, and found effectual by many.

Take a Cock, dress him, and cut him all to pieces, and bruise all the Bones of him; then take of Aniseed bruised four ounces, Muiliene, and Lungwort shred small, of each a handful; a Fennel-Root also shred small: put all these to boil in a pottle of spring-water for three hours close covered, and as the Liquor consumeth, supply it with a quart of Hyssop-water, and at the latter end put into it two ounces of Liquoras bruised; then strain it out, and press the Ingredients a little; then put into the Liquor two ounces of brown Sugar-Candy in powder. Take of this Liquor half a pint at night instead of a Supper, as hot as you can drink it, and lie down upon your back for a quarter of an hour. Do the like in the Morning before you rise, and fast three hours after it.

An Excellent Receipt for an old Cough, though never ſo great, uſed by my L. Hatton.

Take Raiſins of the Sun ſtoned, and Figs waſhed and ſliced of each two ounces, unſet Hyſop a handful, Enulacampana dried and bruiſed two ounces, Aniſeeds bruiſed one ounce, boil all theſe in a gallon of ſmall Ale, till half is conſumed; then ſtrain it, and put to it Honey and ſweet Butter, of each four ounces, Safron dried and powdred, half a dram: boil them again gently till they be well incorporated. Drink of this Liquor warm, half a pint in the morning and at night. This Proportion made twice, hath cured Coughs of long continuance, and hath been often approved.

Dr. Hakins *his Excellent Remedy for a Cold or Cough, as alſo to ſtrengthen the Lungs, if there be any Defect in them.*

Take three ounces of Enulacampana, ſcrape off the Rind, and cut it in thin ſlices, then boil it in three pints of Conduit-water, till it comes to a pint and a half; then put therein a pound of fine Sugar, and let it ſimper a little on the fire; then take it off, and let it cool, and it will be a perfect Syrup, whereof take three ſpoonfuls morning and evening.

An

An Approved Remedy in all Aſſects of the Breaſt and Lungs, as Colds, Coughs, Aſthma, Phthiſick, Haſing, or Wheezing, and Ratling in the Pipes.

Take the beſt old Malago, and diſtil it in a Glaſs Cucurbite in *Balneo Mariæ*; when you have drawn off the Spirit, change the Receiver, and continue the diſtillation, drawing off the flegm until there remain in the bottom a Subſtance like Honey; which powr out, and mix it again with the flegm that you diſtilled off laſt.

Drink of this Liquor two or three times a day, putting into every draught a few drops of the odoriferous Spirit of Benjamin; which you may prepare thus: Put a Pound of Benjamin into a low Cucurbite of Glaſs, and diſtil it in *B. M.* or in a Sand Furnace, and there will firſt come over a clear Liquor, which will have all the odoriferous Scent of the Benjamin; which is a moſt excellent thing for the Breaſt and Lungs.

A Remedy for the Lungs when they are ſtopt with Flegm, &c.

Take Enulacampana root well dried, Liquoras and Aniſeeds, of each an ounce, Flower of Sulphur, half and ounce, Sugar-Candy, ſix ounces; make all into fine Powder, and take thereof half a ſpoonful three times a day.

Alſo

Alſo take the following Decoction.

Take a Pottle of Hyſop-water, Maidenhair, Scabious, Colts-foot and Horehound, of each a handful, Aniſeeds and Liquoras bruiſed, of each one ounce, Figs ſliced, Raiſins of the Sun ſtoned, Dates ſliced, of each three ounces; boil it all to a quart, and ſweeten it with fine Sugar: Take a ſmall draught of this warm, in the morning faſting, and at four in the Afternoon, and at Night, and as often as you think good.

An Excellent Mead for the ſame.

Boil one Gallon of Honey with half a pint of Water, and ſcum it clean, then add four Gallons of Water, and boil it gently for two hours, ſcumming it all the while; then put into it four ounces of Raiſins of the Sun ſtoned, Enula-campana roots two ounces, Fennel roots, Marſh mallow roots, and Polypode, of each one ounce, Maidenhair, Colts-foot, Sage, Betony, Scabious, and Hyſop, of each a handful, Aniſeeds one ounce; put all theſe Ingredients into it ſo ſoon as there riſes no more ſcum; then let it cool, and work it with yeaſt, and Tun it. Drink thereof warm at pleaſure: It is excellent for the Breaſt and Lungs.

Againſt

Againſt the Riſing of the Lungs, an Excellent Remedy.

There is nothing better than the water of Enulacampana roots, ſtamp the green Roots in a ſtone-mortar, and mix with them half as much of green Liquoras; then diſtil it in a Glaſs-Still. Take of this Water half a ſpoonful at a time, whenſoever the raiſing doth trouble you, mix it with as much Muſcadine or old Malago; or take it in the water of Ladies Mantel, or Leons foot, if you cannot take it alone.

To make Exeellent Lozenges againſt a Cold, Cough of the Lungs, and Conſumption.

Take one pound of fine Sugar in Powder, Liquoras and Enulacampana finely powdered, of each four ounces; put them into a little earthen Pan, and moiſten them with two or three ſpoonfuls of Unſet Hyſop-water, diſtilled when it is in its Flower; then ſprinkle into it a little powdred Pepper, and caſt them upon a Pie-plate with Flower ſtrewed on it, when it is cold, form them out.

Lozenges to hold under the Tongue againſt Cough Defluxions and Rheumes.

Take Maſtick, Nutmegs and Orrice roots in fine Powder, of each half an ounce, red Storax,

Storax, and Frankincenſe, of each an ounce and half, Raiſins ſtoned, and Sugar penidies, of each two ounces: make a Paſte thereof with Mead, and form it into Lozenges, about the bigneſs of a ſmall Bean apiece. Hold one under your Tongue at your pleaſure night and day; but eſpecially when you are laid to reſt, and let it diſſolve of it ſelf.

To make white Lozenges for the Breaſt and Lungs, Cold, Cough, and Rheum in the Head.

Take fine Sugar four ounces, white Sugar-Candy and Penide-Sugar, of each one ounce, Florence, Orice-root in fine powder, two drams. Liquoras in powder three drams, fine Starch-flower three drams. Mix them all together, and with Gum-Dragant ſteeped in Roſe-water, make Lozenges.

To make Penide Sugar.

Diſſolve fine Sugar in Barley-water over a gentle Fire, and clarifie it with Whites of Eggs twice; then ſtrain it, and boil it gently, until it riſes up in great bubbles, and being chewed, ſticks to your Teeth. Then powr it upon a Marble-ſtone, anointed with Oyl of Almonds (letting firſt the bubbles ſink, being removed from the Fire, and almoſt cold) keep it up in a body as near as you can, by bringing back the outſide to the middle with your Fingers, being rubbed with a little ſtarch flower. When it is grown almoſt quite cold and ropy, draw it out in Threds, and twiſt them in what ſhape you pleaſe.

CHAP.

CHAP. II.

Of Exquiſite Remedies againſt the SCURVEY.

The Compound Horſe-Radiſh Water againſt the Scurvey.

TAke of Garden and Sea-Scurvey-Graſs, of each three pound, ſtamp them, and preſs out the Juice of them, which mix with Juice of Water-creſſes, and Brook-lime, of each three quarters of a pint; to this Mixture add two quarts of the beſt white Wine, ſix Limons cut into ſmall ſlices; freſh Briony roots two pound, Horſe-radiſhes one pound Winters bark four ounces, Nutmeg two ounces; ſteep them all for three days, then diſtil it. The beſt way

of distilling this water is in our Engine prefixed to the Book of Cookery, if you have not an Alembick with a Refrigeratory or Bucked head, or a Worm; for if you distil it in an ordinary Still, you will lose a great part of its volatile Spirit, it being composed of all volatile things. You may also distil it in a Tin Cucurbite with a Glass-Head in a Sand Furnace; that is, an Iron Pot set up in Brick-work, as they do a Copper, and instead of a Glass Cucurbite, have one made of Tin, which will last many years, whereas a Glass one will be apt to break; to which fit a Glass-head, as is describ'd in the page of our Engin, & having put Sand in the bottom of the Iron Pot, about an Inch thick; set the Cucurbite upon that, and having fitted the Head and Receiver to it, and luted all the Junctures with Paste and Paper, fill the Pot with Sand round about the Cucurbite, and make a fire in the Furnace under the Pot.

The Vertues of the aforesaid Water.

It is not only prevalent against the Scurvey, but it is also very good against the Dropsie, and the Stone and Gravel, both in the Reins and Bladder, Strangury of Urine, *&c.* for it is very diuretick; it is good against the Green Sickness, Stoppage of the Terms, and cleanses the womb; it opens Obstructions of the Liver and Spleen, and purifies the Blood: The Dose is from one spoonful to two or three, in Rhenish wine,

wine, morning and evening; you may alſo take it in a ſmart water, which is very good for the Stone and Gravel.

To prepare an Excellent Antiſcorbutick Wine of Dr. Mynſycht, *in* Scroderus *Diſpenſatory.*

Take the Juyce of Scurvigraſs, of Watercreſſes, of Brooklime, of Sorrel, all depurated, of each a quarter of a pint; Rheniſh wine, two quarts; roots of Horſe-radiſh, Enulacampana, of Flower-de-luce, cut into thin Slices, of each an ounce and an half; Seeds of Rocket bruiſed one ounce, two Nutmegs bruiſed; put all into a Stone Bottle, ſtop it very cloſe, and keep it in a cold place for Uſe.

It univerſally evacuates all evil humors; curing the Scurvey to a wonder. It is recommended to be a perfect and infallible Experiment to purifie the Blood, being taken morning and night, a quarter of a pint at a time.

The manner of depurating Juyces is thus:

Let your Juyces ſettle for twelve hours, then powr it off gently from the groſs impurities ſetled at the bottom; boyl it gently in a Pipkin, and take off the Scum or Curds, letting it boyl only a walm or two, then ſtrain it.

The Countess of Arundel's *Scurvigrass-Ale.*

Take Garden and Sea-Scurvigrass of each six handfuls, Fumitory and Ground-Ivy (or Ale-hoof) of each six handful, of Brook-lime three handfuls, of Watercresses six handfuls, of Horse-radish half a pound; wash them very clean, and dry them in a Linnen Cloth; then shred them and stamp them a little in a Stone-Mortar, then take a bag of Boulter-cloth, and put it into the Bung of your Barrel, and put a Gad of Steel in the bottom of it to sink it down; keep the upper end of the bag out of the bung, and put into it your Ingredients; then put into it three Gallons of new Ale, and after three or four days drink of it, a draught in the Morning fasting, and another an hour before Dinner, in the Afternoon with some moderate Exercise after it: Also taking a gentle Purge before you use this Drink, as some gentle Night-Pills, or the like.

CHAP.

CHAP. III.

Of Choice and Experimented Remedies againſt the DROPSIE.

A very Good and Approved Remedy againſt the Dropſie, wherewith a Great Lady was cured.

TAke Smallage, Thyme, Hyſop, Water-creſſes Penyroyal, Nettle tops, of each a handful, Caraway Seeds, Calamint, Elecampane roots, of each one ounce; boil it in ſix quarts of running water, until half be conſumed; then ſtrain it: then put to this Liquor a pottle of Canary Sack; add Liquoras ſcraped and bruiſed two ounces, ſweet Fennel-ſeed one ounce, Cummin ſeed, and Alexander ſeeds, of each two drams: boyl all theſe together again for half an hour; then ſtrain it, and keep it for Uſe.

Take nine ſpoonfuls of this Liquor in the Morning faſting, and as much about three or four in the Afternoon, and continue it for ſome time together.

Another very good Diet-Drink againſt the Dropſie.

Take Polipode of the Oak ſix ounces, the Bark of *Lignum vitæ*, three ounces, Saſſafras four ounces, Sena ſix ounces, Aniſeeds three ounces, Epithymum, Stechados, of each half an ounce, Raiſins of the Sun ſtoned, half a pound, Hermodactyles three ounces; Agarick, Rhubarb, China root, of each half an ounce; Liquoras four ounces; put all theſe (being well bruiſed) into two Gallons of Ale, and ſix quarts of white wine; let them infuſe all night, then boil it in a Veſſel cloſe covered for two hours and a half; then ſtrain it being cold.

Let the Patient drink of this Liquor three times a day, half a pint at a time, *viz.* in the Morning early, and another draught an hour or two before dinner, and about four in the Afternoon. Boil the remaining Ingredients in Ale as before, and drink of this ſecond Liquor at meals, and at any other time, drinking no other Liquor but theſe two.

Let your Diet be of Roaſt-meat, of Mutton and Fowl, but not Veal, eating often Raiſins of the Sun, with Biskets inſtead of a Supper.

Another

Another Approved Remedy againſt the Dropſie.

Take quick good midling Ale, and put therein a ſufficient quantity of the beſt Wormwood, let it ſtand over night, the next morning take three or four Cloves of Garlick, peel them, and then prick them with a Needle in three or four places, then ſwallow them whole if you can; if not, you may cut them leſs: then drink a good draught of the Wormwood-Ale after it; and then do upon it as much Exerciſe as conveniently you can; at Dinner eat what you will of good wholſom Diet, but at night ſup not, or but very little; and at going to bed, take the Cloves of Garlick again, and drink a good draught of the Wormwood-Ale after it, as in the Morning. Continue this till you are well, which uſually is in twenty or thirty days; But during the Cure, you muſt every morning and night uſe the following Bath or Fomentation: Take three Gallons of Conduit-water, and boil in it five or ſix handfuls of Mallows, and two pound of freſh Mutton-Suet (that which is next the Kidneys) skinned and ſhred ſmall, and half a peck of Wheat bran; boyl it till the Fat be throughly melted, and the Vertue of the Mallows drawn out into the Liquor; then ſtrain it into a Tub or a large wooden Bowl, and bath your feet and legs therein for half an hour or an hour, fomenting the legs with the Herbs as hot as you can endure

it. This will draw much water from the legs; for after you have taken the Garlick and Wormwood-Ale awhile, it will drive the humors into the legs and feet, which will be much ſwelled with it, and pit much; but the Bath will draw all the Humors and Water out of them. This hath often been experienced with happy ſucceſs.

You may alſo uſe the following dry Bath: Take yellow Amber the worth of three pence, or four pence; pulverize it, and mix it with a quart of good Wine-Vinegar, then take a Brick and make it hot, but not red hot; put it into a Tub, putting ſome Aſhes under it; then powr upon the Brick the mixture of the Vinegar and Amber, and hold the ſwell'd legs over the ſmoak of it, covering the Tub well with Sheets or Blankets, that none of the Smoak may come out, and immediatly the Water will come out of the Legs, and they will be cured, whether they be ſwoln with the Dropſie, or with any other bad Humour.

Sir *Kenelm Digby* relates, that an Eminent perſon of Quality was exceedingly overgrown with the Dropſie, and his Belly ſwell'd to a prodigious Bigneſs, he ſate in a ſweating Stove, ſuch as men uſe to ſweat in, and uſed this Remedy, powring the Liquor with the Amber upon hot Bricks laid upon Aſhes, to ſave the wood from burning; when the Bricks grew cold, they changed them, putting in other hot ones, and in a little while it melted him away to an incredible

credible proportion; but whilſt he was in that Steam, he felt a wonderful active heat piercing into his Body. The Stove was covered cloſe at the top with Sheet and Blankets, leaving only his Head in the Air, with the Cloaths faſtned about his Neck. Once ſweating thus ſerved his turn; all his Servants with freſh hot Napkins could not ſuffice to wipe dry the ſweaty water that ran out of his Body.

Another Excellent Remedy againſt the Dropſie, which Dr. William *gave to Sir* K. Digby.

Take Elder wood, aud pare off firſt the grey outward Bark, then ſcrape off the inner green Rind, whereof take four handfuls, and one handful of Wormwood: then take two quarts of Beer, and as much Ale, and two quarts of white Wine, put them together with the Ingredients, into a large Stone Bottel, ſtop it cloſe, and let it ſtand ſo three or four days, that the Liquor may imbibe to it ſelf all the virtue of the Ingredients; then ſtrain it and bottle it up into quart Bottles; which being ſtopt cloſe, it will grow very quick and pleaſant. Drink of this at Meals, and all times when you have need to drink. *If you add to this Compoſition two handfuls of the inner Rind of the Root of Goſt, it will be more efficacious, as you will underſtand by the following Remedy. If you find the Drink too ſtrong of the Ingredients, you may add more Beer, and Ale, and Wine. The Doctor ſaid*

that

that the mixture of the several sorts of Liquors will cause the Patient to make water in abundance.

Another Experimented Remedy against the Dropsie, wherewith a man was cured who had been in the Hospital, but without Benefit, or Hope of Cure.

Take the Root of the Shrub called Gost (it groweth upon Hills and upon Heaths, it is full of Prickles and yellow Flowers) pare off the outward Bark, which throw away, then scrape off the inner Rind, and fill a pint-pot therewith loosly; then fill it up with Rhenish or white Wine; let it stand to infuse all night, the next morning drink a good Glass full of it, and continue it till you are cured.

A Famous Cure of a desperate Dropsie by a Diet of Garlick, performed by Dr. Farrar, *upon an Eminent Lord.*

Having well purged the Patient first with some fit Purge to carry away wateriſh Humors, the Doctor ordered him the following Diet of Garlick: Make some moderate Broth of Mutton, Chickens, and Capon or Hen, but not Veal; it must not be too strong of the Meat, nor too weak, but such as you may drink all the day; for you should drink no other Liquor. You must make but about a Pottle of Broth at a time, by reason it will not keep; and for this quantity,

quantity, you muſt take a Gallon of Water, into which, put above a handful of Garlick, and Roſemary, Thyme, Penniroyal, ſweet Marjoram, Fennel roots, and Parſly roots; as alſo Currans, and a ſufficient quantity of Salt. And after ſome days taking the Broth, put into every draught you take of the Broth, a ſpoonful or more of the Juice of Garlick, made by ſtamping raw Garlick, and then preſſed out. But if you cannot bear it always to take this Broth, then uſe the following Decoction.

Take *Sarſaparilla* twelve ounces, China root five ounces, Saſſafras three ounces; cut all theſe very ſmall, and powr upon them ſo much Fountain-water as may cover them the breadth of three fingers; let them infuſe in a Pipkin, which, ſet in a Kettle of hot water for the ſpace of four hours; then throw away this water; and ſtamp the Ingredients in a Stone-Mortar; then boyl them in ten quarts of Fountain-water, in a Veſſel cloſe covered, till four quarts of it be conſumed: Of this Decoction drink without any other Liquor but the Garlick-broth, taking ſometimes the one, and ſometimes the other.

Another Drink.

Take all the aforeſaid Ingredients in the ſame manner prepared and ſtamped, and put them into a Bag, and hang them in a clean Veſſel filled with Beer; to every of the Ingredients you muſt take a quart of Beer. Either of theſe

Drinks

Drinks is only in caſe you cannot bear the Uſe of the Garlick-broth, which alone will diſpatch the Cure much the ſooner, if you can bear it.

This courſe of the Garlick-broth is for all Obſtructions and Superfluity of cold, raw Humors (clogging the Brains) as well as for the Dropſie.

To ſtrengthen the Liver, uſe the following Electuary.

Take Powder of Turmerick, make an Electury of it with Sugar, add to every ounce of it three drops of Oyl of Aniſeeds made by diſtillation, and if you put a little Ambergreece to it, it will be better. Take of this Electuary two or three times a day the quantity of a hazel-nut; but take not above one ounce in a day.

Beſides this, to ſtrengthen the Stomach, uſe this following Stomacher.

Take Wormwood, Marjoram, Roſemary, Rue, of each one handful; Cloves, Cinamon, Mace, of each an ounce; bruiſe theſe Spices, and mix them with herbs ſhred ſmall, and make a Stomacher thereof, and apply it. And you may likewiſe anoint your Stomach and Region of the Liver with Oyl of Nutmeg and Oyl of Roſes.

Dr. *Farrar* gave this Receipt to Sir *K. Digby*, who

who recommended him to the Lord, and Sir. *K.* made the Bargain between the Lord and the Doctor, who was to have five hundred pound for his Cure; and I heard Sir *K.* say, that after twelve or thirteen days, the Patient began to piss in great abundance, and so very stinking, noisom, roping Matter, that the Nurse which emptied the Pots, was scarce able to endure the stench and noisomness of it: And continuing the Remedy, the Lord was perfectly cured.

The Silver Pills, as we prepared them in Sir *K. Digby*'s Elaboratory, are also a specifick Remedy against the Dropsie; the description thereof is in Sir *Kenelm Digby*'s Collection of Chymical Secrets, Printed for me in 1682.

A very good Plaister to be applied to the Belly for the Dropsie.

Take Rue, Camomil, Melilot, Calamint, of each two ounces; beat them small, and boyl them in Wine, and Oyl of Dill; then add *Gummi Caranæ*, Gum of Wax, of each as much as sufficeth to make a Plaister.

CHAP.

CHAP. IV.

Of Choice and Experimented Remedies againſt the Stone and Gravel.

Dr. Mynſycht *his Stone-breaking Wine.*

TAke whole Barly, red Cicers, of each one ounce and half; Roots of Reſt-harrow, of Eringo, of Liquoras, of each one ounce; roots of Stone-Parſly, half an ounce; Juniper-Berries bruiſed, Winter-Cherries, of each one dram; Gromwel ſeeds, Haws, Seeds of Mallows and Marſh-Mallows, of each one dram and half; flowers of Broom and Violets, of each one dram; dried Figs and Sebeſtens, of each twelve in number; cut and bruiſe them all, and put them to infuſe in Rheniſh wine and Rain-water, of each three pints, for four and twenty

ty hours; then boyl it until a third part be consumed; then ſtrain it being cold, and to the ſtrained Liquor add a quarter of a pound of refined Sugar, and keep it for Uſe.

It is much recommended to be of great Uſe in Diſeaſes of the Reins; it provokes Urine, and the Terms, breaks, diſſolves, and expels the Stone, whether in the Reins or Bladder; it opens and diſſolves all ſlimy and Tartarous Matter obſtructing thoſe Paſſages. Drink a good draught of it every morning faſting.

A moſt Precious Spirit to break and bring away Stone and Gravel.

Take roots of Elecampane, Burnet, Parſly, ſtones of a Perces head, Crabs Eyes, Goats-blood, of each one ounce; ſeeds of water-Carrots, white Saxifrage, Fennel-ſeed, Aniſeed, Gromwel-ſeed, Roman Nettles, Broom, Juniper herries, Winter-Cherries, of each half an ounce; Pepper, white, black and long, of each two drams; bruiſe all the Ingredients; and mix them, and digeſt them in Spirit of Wine for twenty days; then diſtil it in *Balneo Mariæ*; then diſſolve in the diſtilled Spirit, Salt of Cryſtal two drams; then take a hundred Monkey-peaſe, or Hoglice (thoſe that rowl themſelves round when they are touched) bruiſe them, and infuſe them in the Spirit, until the Tincture is extracted; then filter it, and keep it for Uſe.

This

This breaks the Stones in both Reins and Bladder, and brings it away by Urine, as alſo the Gravel. Take it in Arſmart water; the Doſe is from one ſpoonful to three. It is a great Specifick in this Caſe.

Another Stone-breaking Spirit.

Take the ſhells of an Eſtridge Egg, pulverize it, and digeſt it in Spirit of Salt, until it be diſſolved, and the Egg-ſhells appear in bits; then filtre, and keep it for Uſe.

This Medicine was invented by the Emperor's Phyſicians, and as *Cloſſeus* ſays, is ſecond to none againſt the Stone and ſtoppage of Urine; it opens ſtrongly, forces away the Stone and Gravel, expels Water in Dropſies, provokes the Terms, and ſometimes purges by Stool.

Dr. Bacon's *Remedy againſt the Stone and Gravel, which he gave to Sir* Kenelm Digby.

Take four Gallons of running water, four pound of fine Sugar in Powder, Eringo roots, and Raiſins of the Sun ſtoned, of each one pound; a Branch of freſh Roſemary: Boyl all theſe together till half be conſumed; then work it up with a little Yeaſt; then Tunn it, and put the Peel of a freſh Limon into it: when it hath done working, you may bottle it if you pleaſe: of this drink morning and evening, and whenſoever

ſoever you are adry. The ſaid Doctor hath had great Experience of this.

The L. *of* Denbigh *his Remedy againſt the Stone, unto which he attributes his Cure of the Stone, as he told Sir* K. Digby.

Take a good ounce of Melon-ſeeds, and near a quart of ſmall quick Beer, and a little Rheniſh wine; brew the chief quantity of the Drink with the yolks of ſix new laid Eggs, and draw the Milk out of the Almonds with another part of it, add a little Spirit of Clary, and as much Virgin-Honey as will ſweeten it; then mingle and brew all together, and drink a large draught thereof.

This Drink is alſo very healing, and very ſtrengthning every way, If you have not good Melon-ſeeds, you may take a good quantity of blanched Almonds, and you may put in Juice of Orange, and what you pleaſe.

An Experienced Remedy for the Stone and Gravel, and Stoppage of Urine.

Take wild Carot-ſeeds one dram, bruiſe them a little, and powr upon them a draught of white wine; ſtop the Bottle cloſe, and let it ſtand all night; the next morning ſtrain it through a linnen Cloth, and drink it.

This cured a Gentleman in *France*, who was much troubled with Stoppage of Urine, and

Viſcoſities; which they called the Stone; once taking this Remedy, preſerved him from all inconveniencies of Urine for half a year. When the Diſeaſe grew again upon him, he took again this Remedy.

Another for the ſame.

A Gentlewoman told me that ſhe was much troubled with the Gravel, Strangury, and ſtoppage of Urine, ſo that in ten days time ſhe did not make a pint of water, which was a great torment to her; ſhe was taught to take Oyl of Olive and Milk, of each a quarter of a pint, and a ſpoonful of honey; mix all together, and drink it blood-warm. This opened the paſſage of Urine, and cauſed her to make water in abundance, with Gravel, and ſhe was perfectly cured. Oyl of ſweet Almonds would have been better than Sallet Oyl.

Sir K. Digby's *Remedy for the Gravel and Strangury, and Stoppage of Urine, which I prepared many times for him, and by which he found great Relief.*

Take the white of a new-laid Egg, and beat it well with a Spoon in a Porringer for a quarter of an hour; then let it ſettle, and take off the Scum; mix the clear with two ſpoonfuls of white wine, and four ſpoonfuls of red-Roſe-water, and put to it one ounce of Sugar-Candy in powder;

powder; mix all well together, and take it in the morning fasting, and another at night going to bed. Continue this six or seven days.

Another very precious Remedy against the Stone, Gravel, Stoppage and Strangury of Urin, of Dr. Horstius.

Take Saxifrage roots one ounce; *Jews* stone one ounce and a half, asparagus and Scordium, of each half a handful; seeds of Parsly, Bishops weed, Ivy of the wall, broom, bay-berries, of each two drams; prepare them all, and powr thereon a sufficient quantity of Rhenish wine; digest it in the Sun, or in warm Sand for twenty days.

It is an excellent Remedy against the Stone and Gravel, Ulcers in the Reins and Bladder; it is good against the Colick, it provokes Urin and the Terms. The Dose is seven or eight spoonfuls in morning fasting.

Another Remedy against the Stone and Gravel.

Make a Posset of a quart of Milk, Ale and white wine, a quarter of a pint; then having taken off the Curd, put into the Posset Parsly roots, Leaves of Pellitory of the wall, and Mallows, of each a handful, water cresses half a handful, two sprigs of Thyme, Liquoras bruised one ounce; shred the herbs, and let all boil until there remain but a quart, which sweeten

with Sugar-Candy, and drink a Draught of it in the Morning, or at any time before meat.

Dr. Horſtius *his great and approved Water to break, diſſolve and bring away the Stone and Gravel.*

Take of the Juice of Leeks, Onions and Radiſhes, of each two pounds; Juyces of Limons, Pelitory and Mouſe-ear of each half a pound, Calx of Chriſtal, Pigeon-dung of each half a pound; digeſt it for ten days, then diſtil it.

This is recommended to be one of the moſt excellent Medicines yet known againſt the Stone and Gravel: Dr. Salmon *ſays he hath known it do wonders, even in deſperate Caſes: You may give it from one dram to half an ounce at a time, in ſome fit Vehicle, as Rheniſh wine, or Allone, or in Perſicary water.*

Note, *That if you add to the Compoſition two pound of Monkey-peaſe, the head of them being pulled off, and thrown away, and then the Bodies bruiſed, it will be much the better.*

A Remedy to provoke Urine, much approved.

Take a black Flint ſtone that ſtrikes Fire, heat it red hot in a ſtrong fire, then put it into a pint of white wine, and cover the pot, and when it is thorowly quenched, let the Patient drink it clear off.

Another

Another for the ſame.

Take Horſe-dung new made, boil it in Malago; then ſtrain it, and lay the Horſe-dung very warm between two cloaths, or Plaiſter-wiſe from the Throat to the bottom of the Belly, eight or ten Inches broad; apply it at night, the Patient lying upon his Back: apply hot Tiles on the outſide to continue the Heat.

This hath been proved by many with good ſucceſs.

To provoke Urine in an hours time, mix fine Powder of Saffron with black Sope, and apply it to the Navil, being ſpred on Leather.

Sir Kenelme Digby's *Excellent Remedy againſt the Stone, which the Lady* Digby, *Sir* Kenelme's *Mother uſually took, and found the greateſt Benefit by it.*

Gather the Leaves of Golden-rod when it is in its greateſt vigor; dry them in the ſhade, and when you are troubled with the Stone or Gravel, take one ounce thereof (made into ſubtil Powder) in a ſmall Glaſs of white wine and Milk, of each a like quantity; repeat this as often as there is cauſe for it.

When the Herb is freſh and green, you may boil a handful of it in white wine Poſſet Drink, and drink it inſtead of the dried Herb, which is to keep all the year.

The Lord Ruthen's *Receipt to prevent the growth of the Stone and Gravel.*

Take French Barly a handful, waſh it in ſeveral waters, Marſh-mallow roots, half a handful, Liquoras two drams, ſweet Fennel ſeed, a ſpoonful; boil theſe in a Pottle of Spring-water till a Pint is conſumed or more; then ſtrain it, and diſſolve in it a dram of Gum Arabick.

Drink of this cold in the Morning faſting, and as often as you pleaſe, till it gives you eaſe.

Another very good Remedy againſt the Stone and Gravel in the Kidneys.

Take of Mallows and Pelitory of the wall of each a handful; ſweet Fennel ſeeds, Grumwel ſeeds bruiſed, and Raiſins of the Sun ſtoned, of each one ounce; Liquoras ſcrap'd and bruiſed half an ounce, ten Figs ſliced; boil all theſe in a quart of new Milk (till a fourth part is conſumed) then ſtrain it, and with white wine and ſmall Ale, of each three quarters of a Pint make a Poſſet; drink thereof at pleaſure, half a Pint at a time, adding to it a ſpoonful of Syrup of Marſh-mallows to every draught.

Another

Another very good Remedy for the ſame, much approved.

Take Saxifrage, Pelitory of the wall, wild Thyme, young Radiſhes, Leaves and Roots, Parſly Leaves and Roots, the tops of red Nettles, red Sage, and Harts-horn raſped, of each a handful; ſhred them all very ſmall, or rather ſtamp them, and infuſe them all night in a Gallon of new milk; the next morning diſtil it with a moderate heat. Drink of this Water with Syrup of Marſh-Mallows.

Another for the Stone and Gravel, and for Strangury and Stoppage of Urine, much approved.

Take the Fat of a Buck Rabbit, melt it, and anoint the Back and Reins with it.

This will open the Paſſage of Urine wonderfully. A Child wascured with this, ſo that in twenty four hours it made four Pots full of Urin.

Diet for prevention of the Stone and Gravel, or to be obſerved by ſuch as are troubled with it.

Forbear eating of Eggs, all ſalt and tart meats and ſauces, Pork, Milk, or any thing made of Milk, except Poſſets, Cabbage, Colworts, Colli-flowers, and ſuch like; let your Diet be Mutton, Veal, Rabbit and Fowl, and the quantity

moderate; let your Drink be of the midling ſort, and not too ſtale; forbear drinking Claret, drink Spaniſh Wine rather than French.

CHAP. V.

Select Remedies againſt all ſorts of COLLICKS.

Dr. Turner's *Remedy for the Cholick and Stone.*

TAke two drams of Jet, one dram of Elder-flowers, Date-ſtones, one Nutmeg, Parſly-ſeeds, and Gromwel ſeeds, of each a ſpoonful; let them be all powdered and finely ſearced; take the weight of ſixpence thereof in a draught of Poſſet-drink made with Ale and white Wine; take it in the Morning faſting, and about four in the Afternoon.

Another

Another for the ſame.

Drink of the diſtilled water of Parſley in white Wine or good Ale; it helpeth the Collick or Strangury, and conſumeth the Stone.

Another for the Collick, Stone, Strangury and Dropſie.

Take Sena one ounce, Ginger, Aniſeeds, Liquoras, Mace, Nettle-ſeeds, and great Saffron, of each two peny weight, Cinamon three peny weight; reduce it all into a fine Powder, and take half a ſpoonful thereof in Poſſet, Wine, Ale or Broth.

A preſent Remedy for all kind of Collick whatſoever.

Take Mint, Sage (both of them dry) of each two handful; digeſt them in a Pottle of the beſt Spirit of Wine in a Cucurbite for eight days; then diſtil it in *Balneo Mariæ*, taking but a third part of it; the reſt is good, but in a weaker degree. Take of the firſt Spirit a dram and half in two ounces of white Wine.

For the Wind-Collick and Stone-Collick.

Take four long Pepper Corns, two Races of Ginger, both bruiſed, two ſprigs of Roſemary, the ſhells of two new-laid Eggs in fine Powder, the

the inner Skins being taken away; boil them together for a quarter of an hour in a pint of white Wine; then beat the yolk of an Egg in a little white Wine, let it boil a walm, and brew them together with two ounces of Loaf-Sugar; drink it warm going to bed.

This hath holpen very many.

Another for the Wind-Collick and Stone.

Take four hard red Onions, boil them in three pints of ſtrong Ale till a quart is conſumed; then ſtrain it, and drink it warm.

For the Collick and griping of the Guts.

Take Sage and Mint, boil them in a fit proportion of Claret Wine; then ſtrain it, and ſweeten it with a little Sugar, and drink it warm.

Another for the ſame, from the Lady Drury.

Take a green Turf of Graſs, and lay it to the Navil, the green ſide next the skin, and let it remain there till you find eaſe.

Another for the Collick, Pain in the Stomack, or Worms.

Take a ſpoonful of the Powder of dried Oaange peels, drink it in Wine, Broth, or warm Ale.

For

For the Collick or Ulcer in the Kidneys.

Make a Poſſet of Milk and white Wine, put thereto three ſpoonfuls of red Nettles, and an ounce of Syrup of *Althæa*. Take this proportion for three Mornings together, and by God's aſſiſtance, it will eaſe you of the pain.

For the Wind-Collick.

Take Columbine Leaves, Camomile, red Sage, of each a handful; ſtamp and preſs the Juyce out of them; put as much Beer to it as will make a Poſſet; and having taken off the Curd, put into it Ginger and Nutmeg at diſcretion, and drink it warm.

CHAP.

CHAP. VI.

Of Remedies againſt all ſorts of AGUES *and* FEAVERS.

A Remedy againſt an Ague.

TAke a large Nutmeg, and grate half of it, and mix it with the yolk of an Egg beaten; then put to it five or ſix ſpoonfuls of Plague-water; ſhake it well together, and let the Patient drink it an hour or two before the Fit, or aſſoon as he perceives that his Nails begin to change blew; repeat this until it be cured.

This is a very wholſome Medicine, it ſtrengthens the Back wonderfully, and cannot be taken too often.

Another

Another for the ſame.

Take a ſpoonful of good ſtrong Muſtard, mix it with a draught of hot Ale, and let the Patient drink it whenever he perceives his Fit will come upon him. Repeat this two or three times if it cures not the firſt time.

Another for the ſame.

Take four ſpoonfuls of the Juyce of red Nettles, mix it with eight ſpoonfuls of ſtrong Ale, give this to the Patient warm an hour or two before his Fit; let him lie warm covered in bed to ſweat, with Bottles of hot wather at his feet and under his Arm-pits to cauſe Sweat.

You need not give ſo much of the Juyce to a Child; proportion it according to their age: This quantity here ſet down is for midling perſons. If his Fit be uncertain, let him take it ſo ſoon as he feeleth any emotion of his approaching Fit.

Another Remedy for an Ague.

Take of Rue and Peniroyal each a handful; boil them together in a Poſſet made of Ale and Milk; drink a good draught thereof warm in a Morning faſting, and when you go to bed; continue this for three days together.

This cured a Woman that gave ſuck.

Sir Kenelm Digby's *Remedy for the Ague, which hath cured many.*

Take three drams of *Venice* or *London* Treacle; put it into a quarter of a pint of white Wine, and put it into a little pot very close covered, let it stew simpringly for half an hour, stirring it sometimes. Let the Patient take this an hour or two before his Fit, shaking it well together, and drinking it warm, let him go to bed, and cover himself warm to sweat. Repeat this two or three times.

This Medicine was fetched far and near, and it was delivered to all that came for it; and many persons were cured by it, both rich and poor; as also several of Sir Kenelme's *Family. It is a wholesome and safe Remedy.*

A Plaister for the Ague.

Take Hops and Salt, of each a handful, Corants a quarter of a pound; stamp these together in a Mortar, and lay it to the wrists.

Another Plaister.

Take Linseed, and bruise it well in a Mortar; make it into a Pultice with the Patient's own water, and lay it to the wrists.

Another

Another.

Take of the Leaves of ſtrong Tobacco ſix drams, Corants a ſmall handful; beat them together in a Mortar; then mix them with ſo much Turpentine as will make them into a Salve; which ſpread upon Leather, and lay it to the wriſts. Spread it an inch thick, and lay it on twenty four hours before the Fit.

It will cure either a Tertian, Quotidian, or Quartan Ague.

The Counteſs of Kents *Powder, according to Sir* Kenelme Digby's *Method, and as it was prepared by his Order in his Laboratory, and as I prepare it now.*

Take four ounces of black ends of Crabs-claws, taken when the Sun is in the Sign of *Cancer*, Crabs-eyes, fine Pearls and Corals prepared, of each an ounce; yellow Amber, half an ounce; roots of *Contrayerva*, *Virginian* Snakeroot, of each ſix drams; Oriental Bezoar three drams; of the bones that are found in the hearts of Stags, four ſcruples; reduce all into a ſubtil Powder, ſprinkle the Crabs-claws and Crabs-eyes, and the Powder of Pearls and Corals with a little Juice of Limon to make it ferment a little: Then the next day mix all well together, adding one ounce of Tincture of Saffron, and powr upon the Maſs (when you incorporate it)

three

three or four ſpoonfuls of Spirit of Honey, or Jelly of Harts-horn, and Jelly of the Skins of Vipers that have been dried in the ſhadow. Then add to this Compoſition one ounce of *Trochiſque* of Vipers; grind it all well together to make it well incorporate; then make it up into little Balls, and let them dry, and keep them for Uſe.

The Vertues.

This Powder is a moſt Sovereign Remedy in all Peſtilential and Epidemical Diſtempers, in all Malignant, ſpotted or Purple Fevers; it drives out the Small Pox and Meaſles, drives the Venom from the Heart, and hinders the Vapors to fly up to the Head and Brain; it is ſudorifick, and drives out by tranſpiration all bad humors, reſiſts Corruption, and corroborates and ſtrengthens Nature.

The Doſe is from ſix to twenty or thirty Grains, and in an extremity of the Plague one may give it from thirty to forty grains.

Sir K. D. *had this Powder always ready by him in his Cloſet; and many perſons of Quality far and near ſent to him for ſome of it, when any of their Children had the Small Pox or Meaſles, and never any did miſcarry of all that took it. It is alſo good againſt the biting of mad Dogs, ſtinging of Vipers, and other venomous Beaſts.*

A

A Cordial Julep to be taken with this Powder in the hot Fit of an Ague and Fever.

Take of the Counteſs of *Kents* Powder twelve grains, Cochinele two grains; grind them together, and let the Patient take it in a ſpoonful of the following Cordial Julep, drinking four ſpoonfuls more of the ſaid Julep after it; this muſt be given when the hot Fit has been one hour upon him, and once in two hours let him take five ſpoonfuls more of the ſaid Julep, and ſo continue as long as the hot Fit laſts.

The Cordial Julep.

Take of the Elixetary-Milk-water, ſix ounces, of Plague-water three ounces; double refined Sugar ſix drams, mix them together. *This was ordered by Dr.* Brooks.

The Preparation of this Water you ſhall find in the Chapter of Cordial Waters.

Another Julep to cool in Fevers.

Take twelve parts of water, and two of Honey, boil them very gently together, until you have ſcummed away all the Scum that will riſe, and have clarified it with Whites of Eggs; then take it from the Fire, and put to it one part of Vinegar, and let it run twice or thrice through a Hypocras-Bag. Drink three or four

ſpoonfuls of it Morning, Evening, in the Night, once in two hours, or when you will.

This hinders the Fermentation of ſharp Humors, and their flying up to the Head.

A refreſhing and cooling Drink in a Burning Feaver.

Take four Quarts of Fountain-water, and five ſpoonfuls of French Barley, ſcald the Barley firſt in two or three waters, then boil it with half a pound of Corants, until a Quart be conſumed; then put into it two handfuls of Woodſorrel, and as much common Sorrel ſhred ſmall, and ſtamped; let them infuſe in the Decoction for an hour without boiling; then ſtrain it, and drink thereof with the Juyce of an Orange and a little Sugar.

An Excellent Julep of Lemons for a Calenture, or Burning Fever.

Take Limons and peel them, then preſs out all the Juyce from them, which being ſetled four and twenty hours, powr off the Clear, and ſtrain it, or filtre it, and digeſt it in a ſtone-bottle in hot water or in Sand, for twelve days; then filtre it again, and digeſt again as before: repeat this until it ſettle no more fæces; in the mean time calcine the yellow Rind or Peel of the Lemons, and with diſtilled water draw the Salt out of the Aſhes; put this Salt to the puri-

fied

fied Juyce; and digeſt them for ſome time together; then put it into little Vials, of an ounce apiece, which is the Doſe for a big body.

Two Doſe of this will cure the greateſt Burning Fever: it is beſt to give it by it ſelf; but if the Patient doth not like the Taſt of it, you may mix a little Sugar with it.

This is much better than the Syrup of Lemons; for in the boiling there evaporates away the greateſt part of that which is the beſt of the Lemons. This will keep good five or ſix years.

Dr. Farrar *his approved Remedy for a Purple Fever.*

Take Cochinele in fine powder thirty or forty grains to a perſon of twenty years, give it in ſome fit Cordial Water, or in Wine, if you have no Cordial Water at hand. If the Patient be younger, proportion it to his Age; as ſeven grains to a Child of three years old, eighteen grains to one of 6 years; after twice or thrice doing this, and keeping the Patient warm, the Diſeaſe will break out in Spots: But fail not to give it once or twice after they are ſtrucken out.

Mr. Buſſon, *a famous Chirurgeon in* France, *his Approved Remedy for a Burning Fever, wherewith he cured many, and one in Sir* Kenelm's *preſence.*

Take of the Leaves of Honiſuckle a good quantity, ſtamp them in a Mortar, put as much fair water to it as will make a Gliſter; then ſtrain it, and put it into the Bladder or Syringe, and give it the Patient not quite cold, but blood-warm.

It opens the Body, and cools the Veins.

A Drink good in a Burning or Intermitting Fever, or in the hot Fit of an Ague.

Take Whey, or Poſſet drink, if you have not Whey; boil in Borage, Bugloſs, Purſlan, Endive, Succory, Sorrel, Violet Leaves, Lettice, Knot-graſs, and Mallows, with a Parſly root, and a Fennel root, all ſhred ſmall; let them boil until the ſtrength is out; then ſtrain it, and let the Patient drink thereof blood-warm all the time of the Feaver.

CHAP.

CHAP. VII.

Select Remedies against the PLAGUE.

The King of Poland's *Preservative against the Plague.*

TAke the best Wine-Vinegar, six quarts, Juice of Celandine clarified, nine pints, Leaves and Roots of Avens, Roots of Elecampane, of each one ounce; Roots of Angelica, Zedoary, Juniper Berries, of each two ounces; Sage one handful; digest this two days in a gentle heat; then strain it, and keep it in Bottles clean stopped.

This is a powerful Remedy, both for preserving from, and curing the Plague, and other Malignant Fevers: It also clears the Eye-sight to a wonder, taking a little Glass-full of it in the Morning fasting.

It is recorded that no man that drank this Medicine in the Great Plague 1592. *was infected with it, but was preſerved from it and all other Diſeaſes.*

Another great Preſervative againſt the Plague.

Take Sage, Leaves of Elder, of *Rubus Idens*, Rue, Roſemary, Wood-Sorrel, of each half a handful; ſtamp them all together in a ſtone-Mortar; then put them into a ſtone-Pitcher, or other like Veſſel, and powr upon them a pint of good white Wine, and a pint of Vinegar; let it ſtand to infuſe for four and twenty hours; then ſtrain it, and add to the ſtrained Liquor half a pint of Angelica-water; then diſſolve in it Mithridate and Venice-Treacle, of each one dram. Take of this Liquor one ſpoonful in the Morning and at Night, and you ſhall be preſerved: And if you fear you have taken any infection, take two or three ſpoonfuls of it, and go to Bed, and procure Sweat.

The Great Antidote and Preſervative which Sir Kenelm Digby *bid me get prepared for his Family, when that Great Plague began in* London *in the year* 1665, *was thus:*

Take a pound of the Leaves of Wood-ſorrel, and pound them by themſelves half an hour; then take three pound of fine Sugar in powder, and mix theſe together, and keep it ſtirring and

and beating for three hours more; and then take four ounces of Mithridate or *London*-Treacle, and pound them all together for half an hour longer, which makes four hours in all; then put it up in Gally-pots, and tie it up cloſe with a Bladder, or Leather, or Paper.

In time of Infection, take the quantity of a large Nutmeg every Morning faſting; and if you have taken any Infection, or if you find your ſelf ſtricken with any Diſeaſe at the Heart, or pain in the ſtomack, take almoſt as much more, and go to Bed, and procure a moderate Sweat for an hour: Of this I took my ſelf, and went up and down the City every day in the time of the Plague, and through God's Bleſſing was preſerved, and all thoſe that took it.

To preſerve one in time of Infection, Sir Kenelm *ſays, it is good to eat a little of the Tops of Rue with Bread and Butter, and a little very old ſtrong Cheeſe in the Morning, and to drink a Glaſs of Stomack-water, Claret-wine, or wine and water after it.*

An Excellent Perfume to burn and perfume the Houſe in time of Infection.

Take Talk, and reduce it to Powder, and mix it with Vinegar, and burn it upon a Fire-ſhovel of Coals, and your Houſe will be preſer-

ved from any infectious Air. *This hath been sufficiently experienced.*

Another Perfume.

Take Roots of Angelica dried and pulverised; mix this powder with Vinegar, and let it steep therein three or four days; then put of this mixture upon a hot Brick every Morning and Night.

In Germany *and* Holland *in time of Infection, they burn Juniper-berries on a Chaffin-dish of Coals, or upon a fire-shovel of Coals, and so go about the house with it, and into every Rohm. If the Juniper-berries be bruised, and mixt with Vinegar; and then burn'd it will be more effectual.*

My Lady Allens *Plague-Water.*

Take Rue, Egrimony, Wormwood, Salendine, Sage, Balm, Mugwort, Dragons, Pimpernel, Marigolds, Fetherfew, Burnet, Sorrel, Scabious, Wood-bittany, brown Mayweed, Avens, Turmantil, Carduus Benedictus, of each a handful; Rosemary two handfuls; Angellica, Burdocks, of each one handful; shred all these together very small; then steep them in the best white Wine, as much as will cover the Herbs; then slice in a half quarter of a pound of Elecampane-roots: let all these lye in steep three Days and Nights, stirring them once

once in twelve hours; covering the Tub close when you still it; lay it not above an Inch thick in the bottom; save the first running by it self.

The London-*Plague-Water.*

Take Roots of Angelica, Masterwort, Butterbur, Piony-roots, of each four ounces; Vipers-grass, Verginian Snake-roots, of each one ounce; leaves of Rue, Rosemary, Balm, *Carduus Benedictus*, Scordium, Marigold with the flowers, Dragon, Gotsrue, Mint, of each two handfuls; shred the Herbs, and cut the Roots, and stamp them a little; and infuse them for two days in six quarts of Nants-brandy; then put thereto six quarts of fair water, and distil it in a Limbec, drawing from it two Gallons, which put up in Bottles, and hang two drams of Safron in it, tyed up in a rag; or make the Tincture of two drams of Safron, with the first running; and mix that with the rest of your water. To every quart of this water put two ounces of fine Sugar.

This is an excellent thing against the Plague, and all malignant Distempers; as the small Pox, Measles, Malignant, spotted and purple Fevers, &c. *The Dose is from one ounce to two in* Angelica, *or Sage-water, sweetened with Syrup of Clove Gilly-flowers: you may also make a Julep of it with* Alexiteri *Milk-water, as is directed in the Chap. for Fevers.*

Dr.

Dr. Burges, *his ſovereign Antidote againſt the Plague.*

Take Sage, Rue, of each one handful; ſhred and ſtamp them, and boyl them in three pints of Malmſy till a pint is conſumed; then ſtrain it, and ſet it over the fire again, and put it a penny-worth of long Pepper; Ginger half an ounce; Nutmegs and Cloves, of each two drams; beat and mix them together, and let it boyl a Walm or two; then put into it one ounce of Methridate, and half an ounce of Treacle, and a quarter of a pint of hot Angelica-water. Take of this a ſpoonful at a time every Morning during the Contagion; and if already infected, take two ſpoonfuls and ſweat upon it.

Under God you may be confident of this ſovereign Antidote; for there hath never been Man, Woman or Child, yet heard of, that made timely uſe of it, that it hath not ſecured. It is excellent alſo in the ſmall Pox and Meaſles, or any malignant Fever.

Another very ſovereign Antidote.

Take choice Myrrh, Cinamon, Aloes, Succotrina, of each three drams; Bolarmoniach, Maſtick, *Lignum*-Aloes, Cloves and Mace, of each half a dram; powder the Myrrh, Aloes, and Maſtick together by themſelves, and the other Ingredient together by it ſelf; then mix them well together; and keep it in a Glaſs cloſe ſtopp'd.

Take

Take every Morning early two penny-weights of this powder in a Glaſs of white Wine mingled with a little water; and you may boldy venter, without fear under God, among the infected without danger.

Sir Walter Raleigh's *Experiment to draw forth a riſing or Plague-ſore.*

Take a Cock-Chicken, pull the Rump bare, and hold it cloſe to the ſore till the venom is drawn out, for then the Chicken will die; but you muſt apply freſh till the Chicken lives.

A ſovereign Remedy againſt the Plague.

Take Elder-leaves, Rue, red Sage, and red Bramble-leaves; ſtamp and ſtrain them ſeverally with a quart of white Wine for all the ſeveral ſtrainings; then mix it all together, and add ſome white Wine-vinegar, and Syrup of Wormwood; drink a ſpoonful of this Morning and Evening; and God willing it will ſecure you; for there is no Medicine more effectual than this. If the Sore appears, uſe the Rump of the Chicken above-mentioned.

In the Chapter of Cordial Waters you will find more Plague-waters.

An

An *approved Remedy to cure the biting of a mad Dog, whether Man or Beaſt.*

Take a handful of Rue, ſhred and ſtamp it; one dram of Treacle, and a ſpoonful of the ſhavings or filings of Tin; put all theſe into a quart of Ale, and boyl it till half be conſumed; then ſtrain it; and give the Patient thereof two ſpoonfuls, twice a day, Morning and at Night.

A *moſt excellent Remedy againſt the biting of mad Dogs, Vipers, Serpents, or Snakes, experienced by a famous Chirurgion*

Take of the leſſer *Conſolida*, or Larks-ſpur; Chervil the white ends of Leeks, the tops of Broom, of each two handfuls; a little new Cream of the Morning-Milk, and a good handful of Salt; ſtamp them all together in a ſtone-Mortar, and with Juice rub the part grieved, which will be hard in the Fleſh, and ſometimes black; then lay the mark upon the part poultiswiſe, and tie it faſt on with Rouls: the ſwelling will aſſwage in a ſhort time, and the evil will be cured. Sir *Kenelm D.* relates, that the ſaid Chirurgion had cured ſome with this Remedy, whom other Chirurgions would have cut off the Arms or Legs bitten by venomous Beaſts; and that among the reſt, he cured a man in *Sir Ks.* preſence, whoſe Arm was as black as Ink, being bitten by a Serpent.

Againſt

Againſt Venom or Poyſon

Take Seeds of Sage, bruiſe them, and boyl them in Goats Milk, what quantity you pleaſe, till it is waſted to a third part. Drink thereof three days; It is a very ſovereign and effectual Remedy.

For biting of a mad Dog.

Take ruſty Bacon, ſtamp it well with Bittony, Agrimony, of each equal parts, apply it to the Wound.

For biting of a Serpent, or any venomous Creature.

Drink the Juice of Plantine; and ſtamp Celendine and Plantine together, of each a like quantity; temper them with Urine, the ſtaler the better, and apply it to the ſore; it will aſſwage the ſwelling, and draw out the venom.

Alſo anoint the place with the Oyl of ſhell-Snails being prickt with a Needle, and lay thereto a Snail unprickt.

CHAP.

CHAP. VIII.

Select Remedies againſt the FALLING-SICKNESS.

A very Efficacious Remedy againſt the Falling-Sickneſs, wherewith Sir Kenelm Digby *cured a Miniſter's Son at* Frankfort *in* Germany, *in the Year* 1659, *to which I was an Eye-Witneſs.*

TAke of the Skull of a Man that died of a violent Death, of the parings of Nails of a man, of each three drams; Reduce this to a fine Powder, and grind it upon a Marble-ſtone; then take Polypode of the Oak dried two drams, Miſleto of the Oak gathered in the wane of the Moon half an ounce, Miſleto of the Tile-tree two drams, Piony roots half an ounce; reduce all into a ſubtil Powder; then take ſix ounces

ounces of Sugar, boil it to the conſiſtence of Sugar of Roſes; then mix all the Powders with it, and ſtir them well together over the fire, that they may well incorporate together; then take it from the fire, and make it up into Tablets or Lozenges, about a dram apiece; whereof, give one in the Morning faſting, and another two or three hours after Dinner, and another two hours after Supper: Continue this ſo long as the Lozenges laſt.

Another for the ſame.

Sir *Kenelm Digby* relates, That in the year 1663. the Lady *Warwick* told him, That a Daughter of her Husband's Elder Brother had the Falling-Sickneſs in the greateſt extremity; ſo that ſhe fell like a Logg ſeven or eight times a day, without any motion; They had put her into the hands of the Ableſt Phyſitians in *England*, who in effect could do her no good. A Gentleman, one of their Neighbours, undertook the Cure, and performed it thus:

Take true Miſleto of the Oak, the Leaves, the Berries, and all the tender Branches, dry it gently in an Oven, after the Bread is drawn; then reduce it to a fine Powder; of which, give as much as will lie upon a Shilling for one of ripe years; for middle-aged, a Sixpence; for a Child, a Groat: Give it Mornings and Evenings in Cowſlip-water, three days before, and three

three days after the Full of the Moon; Repeat this Remedy for ſome Months together.

This Cured alſo my Lord Herbert's *Son, and many other perſons of Quality.*

The beſt time to gather the Miſleto, is in the Month of September, *when it bears Berries, and in the waning of the Moon.*

Dr. Mynſight *his Excellent Remedy againſt the Falling-Sickneſs.*

Take Sena two ounces, Turbith, Mechoacan, of each half an ounce; Raſpings of Elkshoof and Man'sSkull, Nutmegs, of each two drams; Roots and Seeds of Peony, Miſleto of the Oak, of each half a dram; Cardamoms, *Caſſia ligna*, Cloves, of each one dram; Flowers of the Male-Peony, of Lilly-convallis, of Lavender, of the Tyle-tree, of each half a dram; Rheniſh Wine, one quart and half a pint: Digeſt it for two days in a warm place; then ſtrain it, and ſweeten it with double refined Sugar, three ounces.

This hath been confirmed by many Experiences, to be a ſingular Remedy againſt moſt Diſeaſes of the Head and Brain; and Dr. Mynſight *ſays it is a Divine Remedy againſt the Falling-Sickneſs, taking three or four ounces of it in the Morning faſting.*

CHAP.

CHAP. VIII.

Of Choice Remedies againſt all Diſeaſes of the EYES, *and to ſtrengthen the Sight.*

An Excellent Water againſt Dimneſs of Sight.

TAke Benjamin one ounce, pure Honey, half a pound, water of Fennel and Rue, of each two ounces; Marjoram-water, one ounce; mix them together, and diſtil it in a glaſs Still, or in our Engine.

This Water hath made ſome ſee that have been quite blind, waſhing twice or thrice a day with it: It ſtrengthens the Sight wonderfully.

Dr. Scroderus *his Excellent Water for the Eyes.*

Take water of Eye-bright, of Fennel, Vervain, of each three ounces; Juyces of Celan, dine, Rue, of each two ounces; long Pepper; Cloves, Nutmegs, Saffron, of each one ſcruple, Roſemary flowers, half a handful; Sarcocol-Aloes, of each three drams; Galls of Partridges, one ounce; cut and bruiſe all ſmall; then add Sugar, Honey of Roſes, of each one ounce; put all into a Glaſs Alembick, and diſtil it in *Balneo Mariæ* with a gentle fire; to every ounce of this Water put one dram of rectified Spirit of Tartar.

This Water being dropt into the Eyes two or three times a day cures Suffuſioon or Catarachs, Pearls, Films, and other defects of the Eyes; as Experience hath often teſtified.

Another for the ſame.

Take white Vitriol, two drams; Barberries husked, three drams; Roſe and Fennel-water, of each one pint; boyl them with a gentle fire to the conſumption of half; then add Cmaphir tbree drams; then filter it through gray paper; and keep it for uſe.

This Water takes away Films, Spots, Pearls, and other things which dim the Sight.

A Green

A Green Eye-Water, much Approved.

Take Verdigreece two drams; yellow Orpiment one dram; white Wine and Roſe-water, of each five ounces; boil it gently five or ſix Walms; then take it off, and leave it upon the Fæces without ſtraining it.

This Water being dropt into the Eyes, cures the Pin and Web, takes away the Heat and Inflamation of the Eyes.

A Water againſt Heat, Redneſs, and ſharp Rheum of the Eyes.

Take Roſewater, Eyebright-water, of each two ounces; of *Trochiſci albi Rhaſis*, one dram; prepared Tutia, twenty grains; mix them together, and keep them in a Glaſs for Uſe; waſh the Eyes therewith two or three times a day.

Another Water for the Eyes.

Take Roſe, Plantane, and Fennel-water, of each two ounces: Tutia prepared, two drams; Fennel-ſeeds beaten, half an ounce; mix it all together, and keep in a Phyol cloſe ſtopped: when you uſe it, ſtrain a little of it, and waſh the Eyes there with two or three times a day.

An Oyntment good for the Eyes

Take Spirit of Wine, two Spoonfuls; Spirit of Therebintin, one ſpoonful; the yolk of a new-laid Egg, and a ſpoonful of freſh Butter; beat and mix it together, and put a little of it into the corner of the Eye.

Dr. Salmon's *Excellent Eye-Water.*

Take Roſe-water three quarts, white Vitriol, five drams, digeſt them ten days; then filter it; then digeſt it ten days more; then filter it again, and add *Saccharum Saturni*, ſix drams, Camphire half a dram; digeſt again twenty days; then boil it, and filter it, and keep it for Uſe.

The Author ſays he hath made many ſee which had been blind ſeveral years with Films, Pearls, and other things, by barely waſhing the Eyes therewith four or five times a day for ſome time. It cures all manner of red and blood-ſhot Eyes, and Rheumatick, ſore and inflamed; for which it is to be eſteemed as a Jewel.

A precious Water for the Eyes, that hath reſtored the ſight after ſome years loſt in a ſhort time.

Take red Roſe-leaves dryed, Smallage, Maidenhair, Hyſop, Endive, Succory, red Fennel, Rib.

Ribwort, Celandine, Eyebright, of each two handfuls; waſh them, and dry them, and ſteep them in white Wine for twelve hours; then diſtil it, and waſh the Eyes with the water.

Another Eye-water excellent for Pin or Web.

Take white Wine, red Roſe-water, each a pint; put them into a bottel; and add to it, Aloes, Hepatick, Lapiſtutia, in fine powder, and of the fineſt Sugar, of each four ounces; ſtop the bottel cloſe, and ſet it in the hot Sun for a moneth, ſhaking it two or three times a day.

This Water is moſt Excellent, for any Pin, Web, or Film upon the Eyes: It alſo taketh away the itching, heat, and ſoreneſs thereof.

Another precious Water for the Eyes.

Take Ground-Ivy, Celandine, and Daiſies, of each one handful; ſtamp them with a little fine Sugar, or Sugarcandy in a ſtone-Mortar, then add half a pint of Roſe-water; then preſs it out, and put the liquor in a bottel, and keep it for uſe.

This is recommended to be one of the beſt Eye-medicines that can be made. It taketh away all manner of Inflamations, Spots, Webs, Itchings and ſmartneſs in the Eyes; ſtrengthens the Sight, and reſtores it though near loſt. Dip a Feather in it, and drop it into the Eye.

Another Excellent Water, for ſore, red, or blood-ſhot Eyes.

Take *Lapæ Calaminaris* the worth of a groat, make it red-hot in the fire, then quench it in a pint of white Wine; do this nine times preſently one after another; then grind ſome of the ſame Stone to fine powder, and put it into the Wine; put all into a Glaſs well-ſtopped, and drop ſome of it into the Eyes with a feather.

For a Pearl in the Eye.

Take an Egg, make a hole in it at one end, and ſhake out the white and yolk; then take the Cocktread, and put it into the ſhell again, with the quantity of a Haſſle-nut of Honey, and the quantity of a Pea of white Copperas; then fit up the ſhell with Conduit-water, and ſet it to boyl gently upon hot Embers, till half of it be conſumed; then filtre it, and drop frequently thereof into the Eyes; it will continue good a Fortnight.

An Approved Water for the Eyes; eſpecially for the thick Cream growing over the ſight of the Eyes.

Roſt an Egg very hard; then peel it, and cleave it in the middle, and take out the yolk; then put into it a ſmall piece of Allum, and while it

it is hot joyn it together again) then put it in a Cloth, and wring it very hard, and ſave the water that will drip from it; then put into this Water a little fine powder of Ginger; mix it together, and drop it into the Eye with a feather two or three times a day.

For ſore, red, and blood-ſhot-Eyes.

Take green Parſley, ſtamp it very well with the white of an Egg; lay it to the ſore Eyes; it will ſoak out the Blood, and take away the redneſs.

A Drink for dimneſs of ſight cauſed by ſwimming in the Brows.

Take a handful of Suddernwood, boyl it in a quart of white Wine; ſweeten it with Sugar; and drink thereof Morning and Evening.

Another Drink, which cures all Pains, Inflamations, Soreneſs and Defluctions in the Eyes. Much approved of by Sir Kenelm Digby.

Take a handful of Ground-Ivy-leaves, and ſtalks, waſh it clean, and ſwing it in a Cloth; then ſhred it, and ſtamp it a little; then boyl it in a quart of good Ale to a pint; then ſtrain it; and take half a pint of it in the Morning faſting, and the other half at Night going to Bed.

This is as admirable alſo to cure all Head-ach, Coughs of the Lungs, Conſumptions, Stone and Gravel. It alſo cures the Jaundies, Obſtructions of the Liver and Spleen.

Another Remedy for the Eyes.

Take Engliſh Copperas four ounces; grind it with one ounce of Camphir; put this in a Pipkin, and cover it with a Poringer, with ſome weight in it to keep it down; then ſet it upon gentle fire, to calcine it; and when it is hard take off the Pot and let it cool; then take out the matter and grind it to powder; and add four ounces of Bolarmoniac; then ſift it finely. Take of this powder half an ounce, put into it a quart of water, and boyl it together; then put it in a Glaſs, and keep it for uſe. Dip a little green Sarſenet in it, and ſhut your Eyes, waſhing only the Eyelids, except they be very ill and inflamed, and then you may drop ſome into them; and if you find it too ſtrong of it ſelf, take one ſpoonful of it, and two ſpoonfuls of Roſe-water, and ſo uſe it.

To reſtore a decay'd ſight, and refreſh and ſtrengthen the Memory.

Take Eyebright gathered in *Auguſt*, before Sun-riſing; make it into ſmall bundles, and hang them up to dry where the Sun comes not; then bruiſe them groſly, and infuſe them in white Wine;

Wine; and drink thereof three or four times a day, leaving the Wine always upon the Herbs.

An Excellent Remedy to ſtrengthen the Optick Nerves, help a weak ſight, and kill a Pin or Web.

Take a handful of Mayweed, two Munky-peaſe; (ſome call them Sows or Hog-lice, theſe which roul themſelves round like a Pepper-corn when you touch them.) ſtamp and ſtrain this together into a quart of Ale, putting in a little Ale to ſtrain with. Drink of this till you find help; which God willing you will do in three or four quarts.

Another Excellent Water for the Eyes to ſtrengthen the ſight.

Take three quarts of Mallago-Sack, ſix ounces of Ship Biſquets, four ounces of white Sugarcandy; reduce them to fine powder, two handfuls of dried Elder-flowers; let them infuſe twenty four hours; then diſtill it in *Balneo Mariæ*; and with a piece of ſoft Spunge bath your Eyes therewith Morning and Evening when you go to Bed, and at any other time.

To ſtay a great flux of Rheum in the Eyes, oft proved.

Take the white of an Egg, beat it until it is all froath; then let it ſettle, and cut a round piece of Sheeps-leather, prick it full of holes, and wet it in the Egg-water, taking off the froth; then ſcrape over it ſome Bolarmoniach, and apply it to the Temples; but if the humour abound, then lay a piece along the Forehead at Night when you go to Bed. Let it reach over the Temples.

To draw back Rheum from the Eyes.

Take a red Colewort-leaf, as much in quantity of red Sage, and a little Bay-ſalt, ſtamp them together, and put it in a Linnen-cloth, and lay it in the hollow of the Nape of the Neck; uſe it two or three Nights together; and God willing it will draw the Rheum from the Eyes.

Another approved one for a Pin or Web.

Take white Sugarcandy in fine powder, Honey and red Roſe-water, of each one handful; boyl it together, and ſcum it clear, and drop it into the Eye.

Another

Another to dry Rheum, to ſtrengthen and clenſe the ſight.

Take Roſe-water, one ounce, and a ſpoonful of white Wine; Tutia, one dram; Aloes, Epatica, and white Sugarcandy, of each twenry grains, all in fine powder; put all into a bottel; and drop thereof now and then into the Eyes.

For redneſs, ſoreneſs, itching, heat, and inflamations of the Eyes.

Take Celendive, three-leav'd-graſs, Daiſy-leaves, and Ground-Ivy, of each one handful; pick, waſh, and drean them; then ſtamp them, and put in four ſpoonfuls of white or red Roſe-water; then ſtrain it, and put into it the bigneſs of a Wall-nut of white Sugarcandy; keep it in a Glaſs for uſe.

It is very good for the purpoſe aforeſaid: the Ground Ivy is Alehoof.

Another for the ſame, and to ſtrengthen the Sight.

Take Roſe and Plantine-water, of each two ounces; Aloes, Epatica, half a dram; white Copperas, two drams; white Sugarcandy, one dram; boyl them with a ſoft fire; being cold put it in a Glaſs for uſe; drop thereof into the Eyes.

Another

Another for the ſame.

Take Plantine, two handfuls; Houſleek, one handful; ſtamp and ſtrain them, and let the Juice ſettle; then powr off the clear, and add half as much Roſe-water, the fourth part of a ſpoonful of powder of white Sugarcandy, and quench in it *Lapis Caluminaris* the bigneſs of a Wall-nut. Drop four drops of this water into the Eyes, Morning and Evening, lying upon your back.

For a Pearl in the Eye.

Take Hemlock, ſtamp it in a ſtone-Mortar; then put little Honey to it, and work them well together: If the Pearl be in the right Eye, apply a Plaſter of it to the left Wriſt, if in the left Eye, to the right Wriſt; let it continue there three or four days.

Another for the ſame.

Take the Marrow that is in a Gooſe-wing, mingle with it Ear-wax, and work them well together; and anoint the Eye with it, and it will kill the Pearl.

For a prick with a Buſh, ſtripe or blow in the ball of the Eye.

Take the white of a new-laid Egg, beat it, and then mix it with Honey; ſet it over a ſoft fire, and keep it ſtirring that it may not curdle; then ſpread it on a little Flax, and lay it on the Eye, changing it every Morning and Evening; and by the bleſſing of God it will help it.

Another for a ſtroke or blow in the Eye.

Take Juice of Smallage, Juice of Fennel, and the white of a new-laid Egg, beat them well together, and apply it to the ſore Eye.

Another for a ſtroke in the Eye.

Stamp Wormwood with the white of an Egg, and lay it warm three days together to the Eye or Eyes; then waſh the Eye with Plantine-water and Honey.

A precious Water for the Eyes.

Take Smallage, Fennel, Plantine, Egrimony Bittony, Eyebright, Scabious, Rice, Pimpernel and Sage; ſhred them all ſmall, and ſteep them in the Urine of a male-Child, with a little Frankinſens; then diſtill them. Bath the Eyes with this water.

CHAP.

CHAP. IX.

Mr. Lochers, *an able Apothicarry of* London, *his excellene Oyl for* Deafneſs; *approved by himſelf, and given to Sir* K. Digby.

TAke Oyl of bitter Almonds, and Oyl of Spicknard, of each ſix drams; black Hellebore, half a ſcruple; Coloquintida, half a d...n; Oyl of Exceter, two drams; Juice of Onyons, Juice of Rue, of each two drams; boyl theſe gently till the Juices be conſumed; then ſtrain it, and add two drops of Oyl of Aniſeed, and one of Oyl of Oryganum. Powr a drop or two of this Oyl into the Ear, and lye upon your Bed with that Ear upwards that you intend to drop into; lye ſtill for a quarter of an hour after; then drop into the other if it re-

require. It is to be continued a Moneth or two, or three, as you find benefit: when you have dropt into the Ear, you muſt ſtop it with a little black wool dipped in the Oyl.

This has cured many of thick hearing and noiſe in the Ears, come by cold or ſickneſs

Another Remedy much approved for the ſame.

Take a large Eel, flaw it, and cut it into three pieces; then ſtick them with Roſemary and Sage, and bake them in a pan in the Oven, laying them upon two ſticks in the pan to keep them from falling into the liquor in the bottom; then ſtrain the liquor, and ſcum off the Oyl or Fat; whereof take four ſpoonfuls, and as much ſpirit of Wine; mix them together; take of this mixture two ſpoonfuls; of Juice of Onyons, and Juice of the white ends of Leeks, of each one ſpoonful; put all into a Phiol, and ſtop it cloſe, and ſhake it well for an hour, to make them well incorporate together: powr two or three drops of this into the Ear: and in all things obſerve the directions as in the former.

This was given me by a worthy Gentleman at Paris, *who aſſured me he had cured the Governour of* Callais *his Secretary with it, who had been deaf near twenty years; his deafneſs comming by a ſickneſs.*

Another

Another Excellent Remedy for the ſame.

Take an hundred of the large Ants Eggs, black Hellebore, Radiſhes ſowr bread, ſweet Almonds, white Amber, of each one ounce; Pulp of Coloquintida, Caſtor, Leaves of ſweet Marjoram, Wormwood, Savin, Rue, of each two drams; bruiſe and mix, and infuſe them in two quarts of ſpirit of Wine rectified; digeſt them twenty days; then diſtil it in *Balneo Mariæ*; then put into the diſtilled ſpirit an hundred live Munky-peaſe bruiſed; digeſt again for twenty four hours; then filter and keep it for uſe.

Put a few drops of this Spirit into the Ear Morning and Evening, ſtopping the Ear with black Wool immediately; and it will take away the difficulty of hearing and deafneſs; as alſo all kind of noiſe, continue it till you are cured.

Another Remedy for Deafneſs.

Take of the Juice of Bittony, mingle it with a Womans Milk that gives ſuck to a Boy; dip black wool therein, and put it into the Ear; uſe it eleven days together or more; if in that time you find any benefit by it, then take Milk, boyl it with Oatmeal, and Juice of Bittony; and lay it poultiswiſe over the Ears Night and day; and continue it for ſome time.

Another

Another Remedy againſt Deafneſs that cometh of Cold.

Take a ranged Loaf of Bread of a mean ſcantling, well leavened and baked, cut it aſunder in the middle, and lay both the parts very hot to both the Ears, firſt laying a linnen Cloth doubled next to the Skin as thin as the Patient can endure the heat; bind them on faſt with a Cloth faſtned on the head, and let it continue as long as the Patient feels any warmth, and then he may take another; if the Cold be great, you muſt uſe it for two or three Mornings together; take heed of taking Cold when you leave them.

Dr. Clodius *his Remedy againſt Deafneſs.*

Drop into the Ear one drop (no more) of Oil or Quinteſſence of Roſemary (which will not burn or pain them) and after it is ſoaked in, by lying with that Ear up, ſtop the Ear with black wool dipped in the Spirit of Roſemary. Repeat the Drop after a day ſtill as you find need.

This will cure a Deafneſs cauſed by Cold and Humors clogging and benumming the Ears, *and cauſing ſometimes pain in them.*

Another for the ſame.

Take red Mint or Horſe-mint, mortifie and ſqueeze it in the hand till it renders Juice; then take it with its Juice, and put it in the Ear; change it often; this will help the Deafneſs if the perſon hath heard before.

Another for the ſame.

Take Rue, Roſemary, Sage, Vervain, Marjoram of each a handful; of Camomil two handful; ſtamp them to maſh, and mould them, Rie- Dough, make thereof, one Loaf, bake it as other Bread; then cut it in the middle, and as hot as may be ſuffered bind to your Ears, and keep them on warm and cloſe for one day.

CHAP.

CHAP. X.

Select Remedies againſt the MEGRIM *and* HEAD-ACH

A Sovereign Remedy for all Head-Ach, much approved.

TAke a good handful of Ground-Ivy or Ale-hoof, waſh it clean and ſwing it in a Cloth, then ſhred it and ſtamp it a little, and boil it in a quart of ſtrong Ale to a pint: Give half of it in the Morning faſting, and half at night going to bed.

This cures alſo all Pains, Inflammations and Defluxions in the Eyes; it is good againſt the Jaundies, Coughs of the Lungs, Conſumptions, Stone and Gravel, Obſtructions of the Liver and Spleen. Sir Kenelm *ſays, That the Herb being ſtamped, and applied to a Felon like to a Cataplaſm, cures it*

marvellously and ſpeedily: it is admirable for old Sores, which if they need cleanſing, you may add a little Copperas and Honey.

An Approved Remedy for Phrenſie and Madneſs.

Sir *Kenelm Digby* relates, that he was aſſured by a perſon of Credit, that one cured a woman that had been mad ſome years, by giving her a draught of the Juice of Ground-Ivy, or Jill-go-by-th' ground, at once taking; and they tried it afterwards upon ſeveral others, and it had always the ſame infallible effect.

Another Approved Remedy for Phrenſie and Madneſs.

Take the Juice of Sage, of Burnet, and of Ground-Ivy, and give it to the Patient to drink.

For the Head-Ach.

Take red Roſe Leaves dried, mix them with Wheat-flower, Vinegar, and Oyl of Roſes, and ſome Houſleek; boyl them together until it be thick; then ſpread it upon a linnen-Cloth, and lay it upon the Forehead, and Temples, and it will eaſe the pain.

The Conſerve of Rue is excellent for the Head and Brain preſerving againſt Apoplexy, Paraliſie, and the like. Make it thus; beat two parts of fine

fine Sugar, with one of Rue into a Conſerve; eat thereof in the Morning faſting about the bigneſs of a large Nutmeg.

Another for the Head-ach or Megrim.

Take of the Oyntment called *Unguentum deſicativum Rubrum*, one dram; Maſtick powder'd, two drams; mix them, and make them into a Plaſter; which ſpread upon Leather, and lay it to the Temple on the pained ſide, or on both ſides, and renew it every other day until the pain ceaſe. *This I have approved.*

Another for the ſame.

Take a ſpoonful and half of the Whites of Eggs beaten, a ſpoonful of white Wine-vinegar, Pepper in powder, and Frankinſens, of each two drams; a ſpoonful of Honey; mix all theſe well together, with as much Wheat-flower as will make it into a Plaſter, whereof make a Plaſter, taking it all, and apply them to the Temples, changing them every Morning and Evening.

An Epitheme for the Forehead to take away the Head-ach.

Take four ounces of Roſe-water; Oyl of Roſes, one ounce; Roſe-vinegar half an ounce; mix them together, and beat the white of an

Egg therein; dip linnen-Cloth In it, being milk warm, apply them to the Forehead.

It aſſwages the pain of the Head, and repelleth hot vapours.

Another for the Head-ach.

Boyl Camomil and Bittony in red Wine, and drink thereof.

For noiſe in the Head, or troubling in the Ears.

Take a green Aſhen-ſtick, and put one end into the fire; and out of the other end will iſſue forth water, which muſt be ſaved and mixt with a little Sivet; drop thereof a drop or two into the Ear, and immediately ſtop it with a little black wool moiſtned in the ſame; lye ſtill a quarter of an hour with that Ear upwards you dropt into; then drop alſo into the other in the ſame manner.

An approved Medicine for a ſcald head.

Take half a peck of Oyſter-ſhells, where the Oyſters are newly taken out, burn them in a clear fire, and when they are well calcined reduce them to a fine powder, and ſift them as fine as flower; then mix it with *unguentum album* ſo that it be pretty ſtiff; keep it in a Gally-pot for uſe; it will laſt a year. Anoint the Head with it every day.

This

This is good alſo to dry up a wateriſh, itching humour in any part of the Body.

Another for a ſcald head.

Take Oyl of Olives, two ounces; put it into a diſhful of clear running water; ſtir and beat them well together, as you would make Butter; then add ſome fine powder of Brimſtone, and *May*-butter, and make an Oyntment thereof and anoint the head therewith.

Another for the ſame.

Take Roſen, half a pound; Pitch, two ounces; then put into it the bigneſs of a ſmall egg of Hogg-fleet; (Barrows-greaſe) let them boyl a little together, ſtirring it well; then take it off, and keep it in a Gally-pot for uſe.

Clip off all the hair from the ſcald head, as cloſe as poſſible may be. Then whiles the Oyntment is yet warm, ſpread it upon new Lockerum that was never waſhed in Soap, and cut them into divers Plaſters, and keep them by you; you may make as many at once as will ſerve a month; when you lay them on, warm them a little before the fire only to make them ſtick; dreſs it twice in a week; and when you ſee that the Plaſters have taken away the hair, and that the head is as bare as ones hand; then dreſs it but once a week: you muſt pick off that hair with the point of a Knife that the Plaſters bring not off with them; which you muſt do every time you

dreſs it till all the hair is clean come of: Begin to dreſs it *Michaelmas*, and continue it till *March* is paſt: and when the Head and Skin looks white, then it is a Cure; but as long as it looks red it is not cured; therefore dreſs it until it looks white. The hair you clip off from the Patients head, you muſt burn, and mix the aſhes with the Oyntment while it is boyling.

For the Head-ach.

Take Cloves, Mace, Nutmeg, of each one dram; fine Sugar, half an ounce; reduce all to a fine powder; and take the fourth part thereof in a Cup of warm Poſſet made with Ale: It is very effectual. Alſo the Juice of Ground-Ivy ſnuffed up in the Noſe, doth purge the Head, and doth often cure very great and old pains in the Head.

Another for the Head-ach, and to draw humours out of the head and face.

Take a new-laid Egg, open the top, and put out part of the white, then put in ſome powder of Commin-ſeed by degrees, and powder of Aniſeed; then cloſe up the Egg with courſe paſte; then ſet it in the Embers to roaſt leaſurely till it is very hard, and then cut it in the middle, and lay it hard to the Nape of the Neck.

It is approved.

For

For a Cold and ſtuffing in the Head, to draw Rheum from the Head, and comfort the Brain.

Take an Orange, and pare off very thin the yellow Rind; rowl it up conveniently to thruſt up into the Noſtril, turning the inner moiſt ſide outward to be next your fleſh within the Noſe; put a rowl into each Noſtril.

It will cauſe ſneeſing, and will make much water run down at the Noſe, and comfort the Brain.

Dr. Scroderus, *his Cephallick Wine for the Head and Brain, &c.*

Take Roots of Avens, two ounces and half; of Succory, one ounce and a half; of Elecampane one ounce; Cetarach, Paulsbittony, Carduus, Liverwort, Centory, of each, one handful; dryed Orange-peels, half an ounce and two drams; cut the Herbs, and bruiſe the Roots and Barks, and infuſe them in a Gallon of Rheniſh Wine for three or four days, ſhaking it often; then ſtrain it, and drink a Glaſs-ful thereof every Morning faſting, and another at Night going to Bed.

It rectifies all Diſtempers of the Head and Spleen, it is alſo excellent for the Breaſt and Lungs, and is excellent in cuting of Cataracts.

A moſt

A moſt Excellent Powder for pain in the Head and Stomach.

Take Aron-Roots, cut them ſmall, and ſteep them in white Wine twelve hours; then powr of the Wine, and powr freſh Wine upon it, and let it ſteep as long; then dry them, and reduce them to powder. Take of this powder two ounces; Acorus, Burnet, of each one ounce; Crabs-eyes, half an ounce; Cinamon, three drams; Salt of Wormwood and Juniper, of each half an ounce; Sugar of Roſes, one ounce; pulveriſe, and mix them together, and keep it in a Glaſs ſtopp'd.

This powder is a good Cephalick, and ſtomatick; is excellent againſt the Megrim, Vertigo, Melancholly, Coldneſs and Weakneſs of the Stomach, Wind, Stone, Quartan Agues, and all Tartarous Obſtructions. Doſe, from one Dram to two in a little Canary.

The Lady Luſons Receit to make one ſleep in Frenſie and madneſs.

Take the Gall of a Hare, boyl it in white Wine, and let the Patient drink thereof, and it will cauſe him to ſleep until you give him Vinegar.

CHAP.

CHAP. XI.

Mrs. Rutherges *Cordial Electuary against* MELANCHOLY.

Against Melancholly

TAke Conſerves of Roſes, of Borage-flowers, of Cowſlip-flowers, of Clove Gilly-flowers, of each one ounce; of preſerv'd Citrons, two ounces; of Alkermeſs, half an ounce; preſerv'd Nutmegs, preſerv'd Mirobolaus, of each half an ounce; Bezoar, fifteen grains; Tincture of Safron, half a dram; mix them together, and make it up in an Electuary, with Syrup of Clove Gilly-flowers, adding two or three drops of Oyl of Cinamon.

Another

Another againſt Melancholly.

Uſe to drink before Meal a Glaſs of Clarret, with a ſpoonful or two of Syrup of Clove Gilly-flowers: after meals eat ſome Marmalade of Quinces, or preſerv'd Citrons.

A Drink very good for the Head and Eye-ſight.

Take Bittony, Eyebright, Agrimony and Plantane, of each two handfuls; Ground-Ivy, three handfuls; ſhred them and ſtamp them, then boyl them In ſix Gallons of ſtrong Wort fot three quarters of an hour; then ſtrain it through a Seive, and let it cool, and throw the herbs away; when it is fit put Yeſt to it, and put it up into a Runlet, and when it hath done working, cloſe it up, and after ſeaven days, broach it, and drink of it at all times when you are thirſty: When it is half ſpent make more, and uſe it for two months together in the Spring, or in the Summer.

To purge the Head.

Take the Root of Pellitory of Spain, and chew it to and fro between your Teeth a good while; it will purge the Head, and faſten the Teeth.

Agai nſt

Against Hypocondriack Melancholy.

Set Horſe-fleeches to the Fundament; and at Spring and Fall purge with Mechoacan Ale, or ſome other eaſie purging Ale for a Fortnight together; then take Conſerve of Roſes, two ounces; Conſerves of Bugloſs and Marygolds, of each one ounce; Cinamon in powder, one dram; mix them unto an Electuary with the Syrup of Poppies.

Take thereof the quantity of a Nutmeg three times in a week, when you go to Bed.

For the Head, and to ſtrengthen the Memory.

Anoint the Temples of the Head once a month with the Gall of a Partridg; alſo rub the Soles of your Feet with muſtard made with Vinegar.

Another Excellent Electuary againſt Melancholy, by Mr. Craniſh.

Take Conſerves of Borage and Bugloſs-flowers, of each half an ounce; Confection of Alkerns, one ounce; Diambra, a penny-weight; Conſerve of Roſemary-flowers, half an ounce; Orange-flowers candid, half an ounce; of the yellow Rind of Citron in powder, a penny-weight; *Aromaticum Roſatum*, two penny-weights;

two

two leaves of Gold; incorporate these well together, and make thereof an Electuary; and take of it every Morning fasting, and at any time when you are afflicted with pensiveness and Melancholy.

A Cordial and Stomatick Electuary, by Sir B. B.

Take Ginger, Cloves, Mace, Nutmegs and Galingal, of each one ounce; Cubebs, Coral and Amber prepared, of each two drams; Fennel-seeds, Dilseeds, and Caraway-seeds, Liquorice and Aniseeds, of each two ounces; reduce all into a very subtil powder, and make them into an Electuary with Conserve of Roses, and a sufficient quantity of some Cordial or Pectoral Syrup.

It comforts, strengthens and warms the Stomach, and the Heart; expells Wind, and gives ease in the Collick and Iliack Passion; and is a good Pectoral; take the quantity of a large Nutmeg of it three times a day.

An Electuary for a Cold or Cough.

Liverwort, Hartstongue, Maidenhair, Hyssop, Coltsfoot, Germander, Horhound, and Agrimony, of each one handful; shred them small, and boyl them in two gallons of Spring or Conduit-water, until it is consumed to a quart; then strain it, and put into the water a quart of Honey

ney, and two ounces of the choiceſt Elecampane root dried, and reduced to fine Powder; boil theſe together to the conſiſtence of an Electuary, ſtirring it continually to prevent burning to; then put it up, and keep it for Uſe.

Take the quantity of a Nutmeg in the Morning, and at Night, and in the Afternoon, and in the Night, or at any time whenſoever the Cough troubleth you.

An Electuary for Shortneſs of Breath and Phthiſicks.

Take Manna two ounces, Sugar penides, three ounces; Fox Lungs reduced to Powder, two ounces; Oyl of Almonds, an ounce; Caſſia new drawn, half an ounce; make an Electuary with Syrup of Hyſop, or Ground-Ivy. Take half an ounce of it in the morning faſting, and two hours before Dinner, and in the Afternoon and at Midnight.

It is excellent for Aſthma and Phthiſick, and when the Lungs are ſtopt with Phlegm, ſo that the Patient cannot but with difficulty draw his Breath.

Another Pectoral Electuary for ſtopping in the Breaſt and Pipes.

Take Elecampane, Hyſop, Liquoras, Ginger, Aniſeeds, Cinamon and Galingal; all reduced into fine Powder, of each a dram; boil them in ſix ounces of clarified Honey; add two ounces

ounces of brown Sugar-candy; while it is hot, ſtir them all together: Take the quantity of a Nutmeg of it Morning and Evening, in the Night, and in the Day-time; let it go down leiſurely, and drink not ſoon after it.

This hath cured many of Stoppage in the Breaſt and Pipes.

Dr. Franck *his Electuary for a Cough or Cold.*

Take Elecampane root dried and made into fine Powder half an ounce; Liquoras and Sugar candy, both in fine Powder, of each three ſpoonfuls; make an Electuary with clarified Honey. Take the bigneſs of a Nutmeg of it in the morning, and when you go to bed; let it go down leiſurely, and if the Cough troubles you in the night time, take alſo of it.

This hath holpen extream great Colds or Coughs. Theſe Pectoral Electuaries were left out in the firſt Chapter.

An Electuary to comfort the Brain and Stomack, and ſweeten the Breath.

Take Sage two handful, Roſemary flowers an ounce and a half, Cloves five drams, Cinamon a dram, Nutmegs a Scruple, all in fine Powder; make it into an Electuary with Clarified Honey: Take of it half a ſpoonful in the Morning, and preſently drink after it a Cup of burnt Claret.

Another

Another Electuary to comfort the Spleen and Stomach.

Take Sarſaparilla one ounce; the rind of the Root of Tamarisk, three drams; of the Root of Zedoary, two ſcruples; Purſlane-ſeeds, one dram; reduce all into a fine Powder, and with Syrup of Citrons, and Syrup of the Juice of Borage, a ſufficient quantity; make an Electuary.

An Electuary to comfort the Stomach, and prevent engendring groſs Humors in the Brain.

Take Cinamon one dram, Lignum Aloes and Mace, of each half a dram; Cloves, one ſcruple, and fine Sugar or Sugar-candy, half an ounce; reduce them all into very fine Powder, and with Wormwood water make it into an Electuary; and take thereof two or three drams in the Morning faſting three hours before Dinner; or make it into Lozenges of two or three drams apiece, and eat them in like manner.

A moſt Excellent Electuary to ſtrengthen the Stomach and Liver; which is alſo very good againſt the Scurvey.

Take green Ginger preſerved, it is ſold by the Confectioners, and Conſerve of Roman-Wormwood, two ounces; Conſerve of Wood-

ſorrel, two or three or four ounces (more or eſs, as you conceive your Liver ſhall require) beat and work them together into a Pulp. Take thereof the quantity of a large Nutmeg two or three times a day.

You may make the Conſerves by beating the herbs raw with two or three parts of fine Sugar to one of Herbs.

A Cordial Drink for weakneſs of the Stomack, and want of Digeſtion.

Take three pints of good Claret Wine, and half a pint of Mint-water; of Cinamon and Nutmeg, of each half a dram; of fine Sugar four ounces; reduce the Ingredients to Powder, and put all into a *Coffee-pot*, and cover it cloſe, ſtopping the Pipe of the *Coffee-pot*, and let it ſtand in hot water for twenty four hours, but let not the Water boil: Then take it out, and ſtrain it through a Hypocras-bag. Drink of this warm a Sack Glaſs-ful at a time.

If you have not a Coffee-pot, you may uſe a ſtone Jugg or Bottle, ſtopping it cloſe, but let it not be full.

A very Excellent Plaiſter for the Stomack, that hath done notable Cures.

Take Mithridate, ſpread it pretty thick upon Leather, then ſtrew upon it all over ſome grated Nutmeg,

Nutmeg, laid also pretty thick on; and cover this with another Leather like the former, sewing them together round about the edges: lay this to the pit of the Stomack. The bigness of the Plaister is to be a hands-breadth round.

It is excellent for all Indigestions, Weakness and Pain in the Stomack, which causes Loosness.

Another Cordial Drink for a weak Stomack and want of Digestion, devised by Dr. Mynsight.

Take Cinamon, Mint, half an ounce, Mastick, Galingal, Cloves, of each two drams; *Calamus Aromaticus*, Cardamom, Ginger, of each half a dram; *Lignum Aloes*, Roots of Burnet and Zedoary, of each half a dram; reduce them all to Powder, and digest them in a quart of Canary Wine, in a warm place, or in Sand, or *B. Mariæ*, until the Tincture is extracted; then strain it, and take thereof a small Draught Morning and Evening with a few drops of Spirit of Vitriol.

It warms and comforts the Stomack, and is excellent against trembling, fainting and swooning Fits and Vomiting.

Another, by Dr. Mily.

Take Cinamon, half an ounce, Cloves, Mace, and Nutmegs, of each half an ounce; seeds of Anise, Coriander, and Ginger, of each two drams; bruise them, and digest them in five

dints of Rheniſh Wine; then ſtrain it, and ſweeten it with fine Sugar to your Taſte. Drink thereof a quarter of a pint at a time.

It comforts and warms a weak and cold Stomack, cauſes a good Appetite and Digeſtion, and rectifies moſt Diſtempers of the Head and Brain.

My Lord Cheſterfield's *excellent digeſtive Powder to comfort the Stomack after Meat, or otherwiſe.*

Take ſweet Fennel-ſeed, half an ounce; Coriander ſeeds, one ounce; ſhavings of Harts-horn and Ivory, of each half a dram; Cinamon and Pear, or Crabs-eyes, of each half a dram; Sugar of Roſes, two ounces; white Sugar-candy, three ounces; reduce all theſe ſeverally into a ſubtil Powder, and then mingle them together, and ſo take thereof; keep it in a warm place. Doſe ſo much as will lie upon the point of a Kniſe.

Dr. Riverius *his infallible Remedy to ſtay a Vomit.*

Take the true Salt of Wormwood, half a dram, mix it with the Juice of half a Limon, and give it the Patient to drink; you may mix it with a little Mint-water.

It is a Sovereign Remedy which I have often approved with great ſucceſs: it hath never failed.

To

To chear the Heart, and comfort the vital Spirits, and prevent Melancholy.

Take of Harts-horn, one handful; of the Roots of Celandine, Flowers of Borage, and of *Langue de Beuf*, of each a handful; ſhred the Herbs ſmall, or ſtamp them a little, and ſteep them in a Gallon of Brandy for a night; then diſtil it; the diſtilled water ſweeten with Sugar, and hang two drams of Saffron in it tied up in a Sarcenet Bag. Drink a little of it in the Morning faſting.

Another Cordial to chear and comfort the Heart, prevent Melancholy, and make the Body lightſom.

Take a pint of Rheniſh Wine, half an ounce of Cinamon-water, Water of Baum, Bugloſs, and Borage, of each half an ounce, Juice of Limons one ounce, half a pound of Sugar-candy; ſeeth them together in a little ſtrong glaſs-Bottle, ſetting it in boyling water; drink thereof a quarter of a pint in the Morning faſting in the Summer Seaſon.

In the Winter ſeaſon take a pint of Malmſie, or Muſcadine, Cinamon, Cloves and Ginger, of each two drams; Grains of Paradiſe, one dram, Sugar, two drams; Musk one grain; bruiſe the Spices, and boil all together in a Bottle of Water; then ſtrain it, and take a quarter of a pint thereof faſting.

CHAP. XII.

Select Remedies for all Diſeaſes of the MOUTH.

This Chapter contains Choice Remedies for the Teeth and Gums, Scurvey in the Mouth, &c.

For a Canker in the Mouth.

TAke the Leaves of Woodbine, of Bramble, of Columbine, of each one handful; a little Roſemary; ſhred them, and boil them in fair water to the conſumption of half; then ſtrain it, and put into the Liquor two or three ſpoonfuls of Honey, and a piece of Roch Allum in Powder, and three or four ſpoonfuls of Vinegar,

negar. Gargle the Mouth with the Water, and rub it with the Herbs three or four times a day, or oftner if need be.

Another for the ſame.

Take Honiſuckles, Plantane, and Sage, of each a handful; Daizy Leaves, an ounce; boil them in a quart of Water till they come to a pint; then put to it Vinegar and Honey, of each one ſpoonful, and a little Allom and white Salt.

Another Approved Medicine for a Canker in the Mouth.

Take a Pint of Wine-Vinegar (the red is beſt) Herb of Grace, Red Mints, Red Sage, and Roſemary, of each a ſufficient quantity, ſhred them ſmall, and boil them together in the Vinegar; then put into it a ſpoonful of Honey, the bigneſs of a Walnut of Allom, and half a ſpoonful of white Salt. Waſh the Mouth well therewith.

It is a preſent and infallible Remedy which hath Cured many.

An Excellent Gargle for Inflammations of the Mouth, Jaws, and Throat, deſperate Squinſies, and other Diſeaſes of the Mouth.

Take Poppy-water, Plantane water, of each an ounce; clarified Juice of Self-heal, two ounces; Diamoron, ſix drams; Saltpetre, four drams; mix them together, and gargarize with it often.

Another for the ſame.

Take Album Grecum, two drams; Liquoras ſcraped, one ounce; Roch Allom, one dram; boil them a little in Roſe and Poppy water, and Self-heal water, of each a ſufficient quantity. then ſtrain it. Take of this Decoction one pint, Rheniſh or White Wine, a quarter of a pint; *Diamoron* and *Dianucum*, of each half an ounce; mix them together, and make a Gargle, and uſe it often in a day.

Dr. Scroderus *his Water againſt the Diſtempers and Inflammations of the Throat and Palat.*

Take Leaves of wild Pear-tree, Parſley, Sanicle, Woodbine, Water-Germander, Cinquefoil, round Birthwort, of each two handful; Thorough-wax, four handful; Stale Ale, ſix quarts;

quarts; bruiſe the Herbs, and put all into a Veſſel cloſe ſtopped, and let them ferment for three weeks; then add three ounces of *Album Græcum*, and diſtil them.

It is excellent againſt all Inflammations of the Throat and Palat, and Soreneſs of the Mouth. Drink two or three ſpoonfuls of it in the Morning, in the Afternoon and at Night; likewiſe gargle often with it, or dip a linnen Rag into it, and wrap it about the Throat.

An *Excellent Water to cure the Squinſie, ſore Throats, Cankers in the Mouth, Heat and Inflammations, Bleeding of the Gums, and to faſten and whiten the Teeth.*

Take Waters of Self-heal, Poppy-water, of each four ounces; *Diamoron*, Syrup of dried Roſes, of each an ounce; Spirit of Sulphur, half a dram; mix them together; and gargle your Mouth with it.

An *Anodine Gargle for the Tooth-ach.*

Take Roots of Pelitory of *Spain*, two drams; Ginger, Olibanum, of each half an ounce; Red Sage, Henbane Seeds bruiſed, of each one dram; Long Pepper, Opium, of each a ſcruple; boil theſe in a pint of Vinegar; then ſtrain it, and gargarize with it.

It gives preſent eaſe in all Pains of the Teeth.

Another

Another Excellent Gargle againſt the Squinſie, ſore Throat, Tumors, and Pain of the Mouth and Jaws.

Take Milk hot from the Cow, *Album Græcum*, half an ounce; Honey of Roſes, two ſpoonfuls; Verdigreece, half a dram; boil them a little; then ſtrain it out, and gargarize with it often:

It cleanſes and heals Ulcers.

An Approved Remedy for the Tooth-Ach.

Take a little Cotton, and imbibe it with *Lucatellus*'s Balſom, and ſo put it into the hollow Tooth.

This cured a Perſon that had the Toath-Ach in great Extremity, and had tried many Medicines in vain; after a little while he had uſed this Medicine, the Pain ceaſed, but came again within a week after: Then he applied the ſame Remedy a ſecond time, and the Pain ſoon ceaſed, and never came again, though before he was very often ſubject to this Pain.

An Excellent Water for the Scurvey in the Mouth, and to faſten looſe Teeth, to preſerve and ſtrengthen the Teeth, and Gums, &c. *often approved.*

Take Allom, one dram; Bolearmonick, two drams; Myrrh, half a dram; pulverize them, and

and put them into a pint of Claret, and when you uſe it, ſhake it well, and take a ſpoonful of it in your Mouth, and rub the Teeth and Gums with it; you may warm it.

Another for the ſame.

The Oyl of Myrrh is a moſt excellent thing to preſerve the Teeth and Gums, and to faſten looſe Teeth.

Make it thus:

Take fine choſen Myrrh in ſubtil Powder, put it in the Whites of hard Eggs, which ſet in a Cellar in a Baſon, putting ſome Sand in the bottom of the Baſon, to ſet the Whites of Eggs in, that they may ſtand upright, and the Myrrh will all diſſolve into an Oyl; which is very excellent: mix this Oyl with ſome Oyl of Sage, made by diſtillation, and put them into Canary wine, wherein diſſolve a little Salt. Waſh your Teeth and Gums with this.

Another Remedy for the Tooth-Ach

Take Maſtick and chew it in your Mouth, till it be as ſoft as wax, then put it into the hollow Tooth, and let it remain till it is conſumed, and it will certainly take away the Pain thereof.

Sir Kenelm Digby's *Sympathetical Powder hath cured many Perſons of the Tooth-Ach; the Pre-*

Preparation whereof, with its Uſe and Virtues, will be ſet down in another Chapter below.

Dr. Mynſight *his Excellent Remedy for the Tooth-Ach.*

Take the Shaving of *Lignum Vitæ* (which you may have at the Turners) Shavings of Saſſafras, Sarſaparilla, of each an ounce; Roots of Pelitory of *Spain*; Raw Allom, Nitre, of each half an ounce, Seeds of Staves-acre, and of Henbane, of each two drams, Opium, Cloves, Mother of Thyme, Organy, Saffron, of each a dram; reduce to powder what is to be powdered, and then mix them well together, and put them into a Bottle or Matreſs, and powr upon them good *Nantz* Brandy and Vinegar, of each one pint and half; keep it in a warm place, or ſet it in warm water for ſome days; ſhaking it often, let the Bottle be ſtopped very cloſe with a Cork, and tied with a Bladder.

Take a little of this Liquor in your Mouth, and hold it on that ſide the Teeth ake, and the Pain will ceaſe immediately; alſo given inwardly, and uſed outwardly, it is one of the greateſt Anodines in the world, eaſes Pain, and cauſes Reſt. Doſe is half a ſpoonful in a little Wine.

To

To Cure the Tooth-Ach, by the Lady Jennings.

Take white Hellebore, infuſe it in white Wine Vinegar, over a Chafing-diſh of Coals; then take half a ſpoonful of it, and hold and gargle it in that ſide of your Mouth where the Pain is, and it will give you preſent Eaſe. Proved by Mr. *Bearſon.*

Another againſt the Tooth-Ach, and Rheum in the Teeth and Jaws.

Take a quart of old Crab-Verjuice, put it into an earthen Pipkin; put thereto Roch-Allom, the quantity of a Walnut, a few Cloves bruiſed, Roſemary and Thyme, of each one Branch; boil all together to a Pint; when it is cold, put it into a Bottle, and take a ſpoonful of it warm in your Mouth, and gargle with it on that ſide the Humor and Pain lieth, it will dry and ſtay the Rheum, and not draw it, and will faſten the Teeth infallibly. Proved by Mr. *Fleetwood.*

An Opiate for the Tooth-Ach.

Take Camphire, two drams; Opium, one dram; Caſtor, half a dram; pulverize them, and mix them with Syrup of Clove-gilliflowers over the Fire, that they may well incorporate to an Opiate.

It is excellent to assuage the Tooth-Ach; when any of the Teeth are rotten and hollow, put but a little into the hollow of the Tooth, and let it remain there; and renew it as often as need requires.

A most Excellent Opiate to cleanse and whiten the Teeth, which is much used by all the Nobles in France.

Take Pumice stone burnt, White Coral, Cuttle-fish Bone, and Cream of Tartar, *Florence*-Orrice-root, of each an ounce; reduce them all to a fine powder; Sal-armoniack pulverized, two drams; Musk and Amber, of each six grains; grind them all together upon a Marble Stone, or in a Stone-Mortar, with an Iron Pestle; adding so much Honey of Roses by degrees as will make it into an Opiate by girnding.

Then put it up in Gally-pots, and keep it for Use. Rub your Teeth with it.

Ladies that do not love the smell of Amber and Musk, may leave it out, and it will be never the worse for it; and it may be perfumed by adding a few drops of Aromatick Oyls; as Oyl of Cloves, Cinamon, Essence of Orange and Limon Peels, &c.

An infallible and much experienced Remedy to cure the Tooth-Ach, and to fetch out the Worms that are in the Gums and hollow Teeth.

Take Henbane Seeds well bruised, two spoonfuls;

fuls; Bees Wax four ounces: ſhred the Wax, and make it ſoft in warm water; then mix the Seed well with it, and make a Candle thereof with Cotton Thred; hold the Candle being lighted, in your Mouth, letting the Heat and Smoak of it go into your Mouth as much as may be endured; and hold your Mouth over a Poringer full of Water, and the Candle will draw out the Worms, and they will fall with the Rheum into the Water, ſo that you ſhall ſee ſome of them alive.

This hath been ſufficiently experimented.

You may alſo put the end of a Funnel to the Tooth, and ſo hold the Candle in the Funnel, holding your Mouth over the Water.

CHAP.

CHAP. XIII.

Select CORDIAL WATERS *Diſtilled.*

This Chapter containeth the choiceſt Cordial Waters; with the true deſcription of that famous Water called the Queen of *Hungarys* Water.

The Lady Hewits great Cordial Water for all cold Diſeaſes, to comfort the Stomach, the Spirits, the Head, the Heart, to ſtay the Rheum, the Hiccock, the bloudy Flux, againſt the Plague, the Meazles, the ſmall Pox, the Palſie, the Dropſie, and the Conſumption of the Lungs. Copied from a Receipt in my Ladies Daughters hand; which ſhe gave to the Counteſs of Monmouth.

TAke Roman Wormwood, Sage Bittony, Speremint, unſet Hyſop, Setwel, Thyme, mother of Thyme, Bawm, Pennyroyal, Saincle, Salendine, Watercreſſes, Hearts-eaſe, Field-dazies Flower, Leaf and Roots, Angellica, Germander, Callamint, Tamarix, Colts-foot,

foot, *Carduus Benedictus*, Avens Valarian, wild Marjoram, Saxafrage, Pellatory of the Wall, Pimpernel, Varvain, Parſley, Roſemary, Savory, Scabious, Egremony; of all theſe one handful pickt; a quarter of a peck of Roſemary-flowers; half a peck of Cowſlip-flowers; half a peck of red Roſes; of Camomile, Madienhair, ſweet Marjoram, Plantane, Cumphry, Yerrow and Rue; as much of theſe as ſhall remain, being picked out of a handful of each: of *Aromaticum Roſarum*, three drams; Spicknard, two drams; Elecampane-Roots dried, *Calamus Aromaticus*; Galengal, Cubebs, Carda Noman, Grains, Pepper, Lignum, Alces, Thinne, Veroinca, Juniper-berries, one dram; Zedoaria, two drams; Ginger, Cinamon, Cloves, Mace, Nutmegs, Mellelet-flowers, of each two drams: then take Fennel-ſeeds, Parſley-ſeeds, Annyſeeds, Caraway-ſeeds, of each two drams; Hartshorn, one pound; all your Drug-ſpices and Seeds, being beaten ſomewhat groſs; and all your Herbs being waſhed, wrung in a Cloth, and ſhred: put them all into an earthen pot, with two gallons of the ſtrongeſt Sherry-Sack, to ſteep all Night; your Drug-ſpices and Seeds, being to be put into the midſt of the herbs: Then when you ſtill, which muſt be the next day, out of the whole quantity you muſt draw a quart of the firſt, which is beſt; then a pint of the ſecond which is next in goodneſs; and mingle thoſe three pints together, which is the uſual water; and if it prove too ſtrong, put a little

more of the weaker ſort to it: The third and laſt ſort is for other uſes, as hereafter; you muſt Aromatine each Pottle of your firſt uſeful and drinking Water, with thirty grains of Beaſer; twenty four grains of Muſk, twenty grains of Ambergreece; one pound of Sugarcandy; two drams of Coral; two drams of Pearl, and one dram of Amber: all muſt be beaten very ſmall, and muſt be ſtirred twice a day till it be diſſolved.

Another very precious Cordial Water of very great vertue, called the Golden Palſie-Water; Copied from my Lord of Portland's *Copy that he had from my Lady* Lovelace; *compoſed by Dr.* Mathews

Take flowers of Lavender, two quarts; ſpirit of Wine, one gallon; and half digeſt them in a glaſs-bottel cloſe ſtopped in the Sun for ſix days; then diſtill it in an Alembick, with its refrigeratory, and keep the Spirit. Take flowers of Sage, of Roſemary, of Bittony, of Borage, of Bugloſs, Lillies of the Valley, and Cowſlips, of each half a handful; put them all into a gallon of Spirit of Wine; and put into them leaves of Bawm, of Fetherfew, tops of Roſemary, and flowers of Steehas, and Bayberries, of each half an ounce; powr upon them the foregoing Spirit of Lavender-flowers, and digeſt them twenty four hours; then diſtill to dryneſs; then put into this Spirit the thin yellow

low Rind of Citron-peel, and Piony-ſeeds husked, of each three ounces; Cinamon, Mace, Nutmegs, Cardamoms, Cubebs, yellow Sanders, of each two drams; wood of Alves, half a dram; bruiſe them all, and digeſt for twenty four hours; then ſtrain it, and put it up in a large glaſs-bottel, and hang in't the following Ingredients.

Take Pearls ground to ſubtil powder, one dram; Ambergreece, Musks and Safron, of each half a ſcruple; red Roſe dryed, and red Sanders, of each two drams; red Sanders, Citron-peels, dryed all in ſubtil powder, of each one dram; put them all in a Sarſenet-bag, and hang it in the Spirit.

Note, That in the old Copy the quantity was double both of the Spirit and of Ingredients; and the digeſtion was to be continued ſix weeks; but being corrected by a judicious Phiſitian, who judg twenty four hours to be a time long enough for ſuch rectified Spirits to extract the powers and vertues of any ordinary vegetable, eſpecially its flowers and leaves.

The Vertues.

It is of exceeding vertues againſt the Palſie, Apoplexie, the Falling ſickneſs, and all cold Diſtempers of the Head, Brain and Womb: It chears and comforts the Heart, the Animal and vital Spirit, warms, ſtrengthens, and comforts a weak and cold Stomach, and recovers loſt appetite: It is excellent againſt Fits, Vapours, Convulſions, Megrim, Vertigo, loſs

of Memory, dimneſs of ſight, Melancholy, ſwounding Fits, and Barroneſs in Women. You may take half a ſpoonful to one whole ſpoonful of it in Canary, or in black Cherry-water, or Syrup.

Note, That in every Diſtillation you muſt diſtill to dryneſs, becauſe the Spirit of Wine is rectified. The flowers are to be *put into the Spirit of Wine when they are in their prime: and that infuſion kept till the other things are ripe and fit to be put in.*

Another great Cordial Water of great vertue.

Take great Ants that are full of Eggs, and in the full of the Moon, in *May* or *June*, two handfuls; put them into a glaſs-bottel, and powr upon them ſo much Spirit of Wine as may cover them the breadth of three fingers; digeſt them in the Sun until they turn to water by putrefaction; into one pound of this water put flowers of Roſemary, Borage, Bugloſs, Roſes, Marjoram, Bawm, of each one handful; Caſtor, four ounces; Confection of *Ana Cardimus*; two ounces; *Diamoſchu dulcis*, one ounce, waters of Bugloſs, Bittony and Tile-flowers, of each one pound; bruiſed Cinamon, one ounce; digeſt them together forty days; then diſtill it in *Balneo Mariæ*: If you burn the remaining Feces to aſhes, and extract the Salt out of it, and put it to the diſtilled Spirit, it will be more efficacious. It is both Cephalick and Pectoral; cureth Conſumption, and by reaſon of the *Ana Cardimus* wonderfully ſtrengthens the Memory,

ry, fortifies the Brain, and ſtrengthens Nature, and is much recommended to beget courage. It attenuates, expelleth Wind, and is vulnerary: It revives the heart; warmeth and comforts a weak and cold Stomach. Doſe, two or three ſpoonfuls in Sack, or any other fit vehicle.

A rare Cordial Water againſt Frights; excellent for Women with Child to prevent miſcarrying. Dr. Scroderus.

Take Lillies of the Valley, two handfuls; infuſe them in three quarts of ſtrong white Wine for a fortnight; then diſtil it in *Balneo Mariæ*, into the diſtilled water put Cinamon, one ounce and half; Cubebes, half an ounce; Cloves three drams; Mace, Calingal, Ginger, Zedoary, Safron, of each two drams, bruiſe them all groſly, and let them infuſe in a Veſſel cloſe ſtopped for ſome days in the Sun: then put into each Lavender-flowers, of each one handful; let them digeſt for ſome days longer; then diſtil it in *Balneo Mariæ*: If you calcine the Feces, and attract the Salt out of them, and put it to the water it will be more effectual.

It is very proper for Women with Child being frighted; It prevents Miſcarrying, and ſtrengthens the Womb, and the Child. It is a great Cordial: Child-bearing Women ought never to be without it.

The Alexitery Milk-water

Take of *Carduus Benedictus*, ſix handfuls; Wormwood, four handfuls, Speremint, two handfuls; ſhred them ſmall, and ſtamp them a little; then powr upon them two gallons of new Milk; let them infuſe for ſix hours, and diſtill it in a cold Still or in an Alembeck, taking off the head ſometimes, and ſtir the matter well with a ſtick, elſe the milk will grow in a Cake at the top and hinder the water from riſing.

My Lady Newports *Excellent cooling Stomachal, Alexitery Milk-water.*

Take Angelica, one part; Mint and *Carduus Benedictus*, of each four parts; Wormwood, two parts; ſhred them ſmall, and bruiſe them a little, and put them in an ordinary Still, and powr upon them enough new Milk to ſoak them but not to have the Milk ſwim much over them. Diſtill this as you do Roſe-water; ſtirring it ſome times with a ſtick to keep the Milk from growing to a Cake.

When you will drink this water alone, ſweeten it with fine Sugar to your Taſte. You may drink a Wine-glaſs-ful at a time.

Dr.

Dr. Scroderus, *his Excellent Cordial Water for Women; which is esteemed as a Panacea among or the Noble Ladies of the Palatinate.*

Take Cinamon, Nutmeg, Mace, Ginger, Cloves, Grains of Paradise, Cubebes, Cardamom, of each one ounce and a half; long Pepper, half an ounce, Galingal, Zedoary, of each one ounce; pulverise them every one by themselves, then mix them together; then take leaves of Sage, Mint, and Bawm, of each one handful; shred them small, and mix them with the other Ingredients, and powr upon them three quarts of good white Wine; let it stand to infuse for fourteen days close stopped; then distill it in a *Balneo*, or in an Alembick well tinned within.

It strengthens the Womb, cureth the Suffocation thereof, expelleth Wind out of the Stomach and Bowels; It also strengthens and warms the Stomach, and a cold Womb; and that so successfully, that all the Noble Ladies of the Pallatinate esteem it as a Panacea or Alheal.

Dr. Scroderus *his second Cordial Water of great Vertues.*

Take Tops of Rosemary, sweet Marjoram, Sage, Bawm, of each one handful; Cinamon, grains of Paradice, of each one ounce; Mace, Galingal, of each two ounces; Nutmeg, Cloves,

Ginger, of half an ounce; Juniper-berries, two ounces; bruise the Spices and Seeds, and shred the herbs small, and infuse them all in three quarts of Rhenish Wine for a month; then distill it.

This Water cures the Head-ach, Megrim, Vertigo, Melancholy, illness of the Stomach, stinking Breath; It causes fruitfulness, facilitates Delivery; It strengthens the Stomach and the Womb, and 'tis good against the Palsie and Apoplexy.

Dr. Horstius, *his most excellent Cordial Water for the Head, and for the Womb.*

Take Nutmegs, Mace, Ginger, grains of Paradice, Cloves, half an ounce; Rhubarb, one ounce; Castor, Spicknard, of each half an ounce; Oyl of Bays; let the Spices be whole, and infuse them in the best Canary or French Wine seaven quarts; digest them in a glass close stopped for ten days; then strain it, and beat the Spices to a Pulp, then digest them together again for three days; then distill it in *Balneo.*

This Water is as good for the Head as for the Womb; It cures most Diseases of both; It is exceeding good against the Epilepsie, and Fits of the Mother, obstructions of the Spleen and Liver: It is good against Melancholy, and grosse vapors ascending to the Head.

Another

Another great Cordial Water of very great vertues, which cauſeth fruitfulneſs, and procures Conception.

Take of the great Ants or Piſmires which are full of Eggs; and in the full of the Moon, in the month of *May* or *June* two handfuls; Spirit of Wine rectified ſo much as may cover them the breadth of three fingers; digeſt them in a cloſe Veſſel till the next full of the Moon; or until they turn to water by putrefaction: Then to a quart of this water take flowers of Roſemary, Roſes, Bugloſs, Borage, Marjoram, Bawm, of each one handful; Caſtor, four ounces: Confection of *Ana Cardimus*, two ounces; *Diamoſchu dulcis*, one ounce; bruiſed Cinamon, one dram; waters of Bugloſs, Bittony and Tile-flowers, of each one pint; digeſt them for forty days; then diſtill in *Balneo Mariæ*.

This is a great Cordial, and Pectoral; it is Cephalick and vulnerary, and wonderfully ſtrengthens the Memory, and fortifies the Brain; it ſtrengthens Nature, and ſome thinks begets Courage; cauſes fruitfulneſs, and procures Conception.

A rare Water againſt Hectich-Fever.

Take Hyſop, Ground-Ivy, *Roſa ſolis*, Centory, Maidenhair, Sorrel, Cinkfoyl, Scabious, Succory, Burnet, Dandikeon, Yarrow Agrimony

mony, Haulsbittony, Watercreſſes, of each half a handful; of the four greater cold Seeds, of each half a dram; flowers of Borage, of Bugloſs, Roſes, Poppies, two pugils; Roots of Elecampane; Succory, Burnet, of each thirty ſix; Crayfiſh-ſhells, Snails bruiſed, of each twenty in number; of a Calves Lung, half a pound; water of Liverwort one pint, or inſtead thereof water of Dandy Leon, being all prepared, powr upon them ſo much of Goats Milk as will ſoak them well; let them ſtand to infuſe for five or ſix hours; then diſtill it in an ordinary Still.

This water is very powerful againſt Hectick Fevers, and moſt Diſeaſes of the Lungs; as Phthiſick, ſhortneſs of breath, Asthma; it deſtroies Accidities; It nouriſhes and reſtores in Conſumption being taken Morning, Noon and at Night before Supper; the Doſe is about two ounces.

The Lady Elizabeth Gilfords Cordial Water.

Take four quarts of Nants-Brandy, put therein Borage-water and Poppy-water, of each a pint; Sugarcandy, two pound; Figs ſhred and Raiſins ſtoned, of each one pound; red Roſes clipt and dryed, two handfuls; red Mint, one handful; Roſemary-flowers, half a handful, and as much Hyſop; a few Cloves bruiſed; put all theſe in a large double Glaſs, with a narrow mouth; (ſuch as Apoticaries have in their Shops) ſtop it cloſe, and ſet in the Sun for two or three months.

months. *It is an excellent Cordial and Pectoral Water good for the Head and Stomach, Breast & Lungs.*

The Lady Bagnals *Cordial Water; much Approved.*

Take Angelica leaves two handful, Carduus six handful, Baum and Sage, of each five handful; Angelica seeds, and sweet Fennel seeds, of each five ounces; Liquoras bruised, two ounces; shred three Herbs, and bruise the Seeds, and put them to steep in two Gallons of the best Canary, with the Cordial powder of *Aromaticum Rosatum*, *Diamuscus dulcis*, of each one ounce; let them stand four and twenty hours; then distil it with a gentle Fire; then put to the distilled Water Sugar dissolved in Rose-water.

Dr. Stephens's *great Cordial Water for Women.*

Take Cinamon, Cloves, Galingal, Ginger, Nutmegs, Grains of Paradise, Aniseeds, sweet Fennel-seeds, and Caraway seeds, of each one dram; Thyme, Mother of Thyme, Mint, Sage, Penniroyal, Pelitory of the wall, Rosemary, red Roses dried, Flowers of Camomil, Origany of Lavender, of each a handful; shred the Herbs, and bruise the Seeds and Spices, and infuse them for twelve hours in a Gallon of French wine; then distil it, and save the first, second and third Running, by themselves.

It is Cordial, ſtrengthens the Heart, comforts and revives the Spirits; being given to a Woman in Labour, it facilitates the Birth, and cauſes a good Delivery; and after Delivery, it brings away the After-birth, cleanſes the Womb of Impurity, and reſtores Strength; it comforts the Stomach, and is good againſt Swooning and fainting Fits, and Fits of the Mother. It is good againſt the Stone and Gravel; and preſerveth Youth.

Dr. Mountford's *Cordial Water.*

Take Angelica leaves, half a pound, Angelica ſeeds, and *Carduus Benedictus*, of each ſix ounces; Leaves of Baum and Sage dried, of each four ounces; ſweet Fennel-Seeds, nine ounces; Liquoras, half a pound; *Species* of *Aromaticum Roſatum dulce*, and *Diamocum dulce*, of each one ounce; infuſe them in thirty two quarts of Sack for five or ſix days; then diſtil it in an Alembick, and draw off ten quarts of the ſtrong, to which add white Sugar candy, half a pound, and half a pint of Roſe-water; tie it up cloſe, and keep it for Uſe.

Aqua Mirabilis, *Sir* Kenelm Digby's *Way.*

Take Cubebs, Galingale, Cardamoms, Melilot flowers, Cloves, Mace, Ginger, Cinamon, of each half a dram; Juice of Celandine, one pint; Juice of Speremint, and Juice of Baum, of each half a pint; Flowers of Cowſlips, Roſemary, of Borage, Bugloſs and Marigold, of each

each two drams; bruiſe the Spices, and infuſe all with the Juices in three pints of Sack, one pint of ſtrong Angelica water, and half a pint of red-Roſe water; let it infuſe twelve hours; then diſtil it in a Glaſs Still, and firſt lay Hartstonge leaves in the bottom of the Still. Keep the firſt, ſecond and third Runnings by themſelves.

This is a great Cordial, it comforts the Heart, Stomach, and Vital Spirits; it ſtrengthens the Head and Memory, preſerveth Youth, and procureth a good Colour. It is Cephalick and Pectoral, it expels Wind, and is of great force againſt the Cholick, pains in the Side and Stomack; it comforts and warms a cold Stomack, and ſtrengthens it; it is good againſt Coughs, Shortneſs of Breath and Aſthma's, as alſo for moſt Diſeaſes of the Head and Brain: It revives the Spirits, and helpeth ſwooning Fits. It is a counterpoyſon and Antidote againſt the Plague, and all malignant Fevers and peſtilential Diſtempers, and preſerves from the Apoplexy. The Doſe is one ounce, in Roſemary Water, Sack or any other Cordial Water.

Dr. Auguſtine's *Excellent Roſemary-Water.*

Take the Tops and Flowers of Roſemary in the midſt of *May*, gathered before Sun-riſing, of each one handful; four or five good Elecampane Roots, of Red Sage, two handfuls; ſtamp them

them in a ſtone-Mortar; then take Cloves, Mace, and Cubebs, of each three ounces; Aniſeeds half a pound; bruiſe them all ſeverally; then mix all together with the Herbs, and put all into a large ſtone Bottle or Jugg, and powr upon them ſix Gallons of good white wine; ſtop it very cloſe, and ſet it in the ground fifteen days; then diſtil with a gentle Fire; and ſweeten it with fine Sugar.

This is a moſt precious Cordial Water, it rectifies all Diſtempers of the Head and Stomack, comforts the Heart, revives the Spirits, and is excellent againſt the Palſie and Apoplexy, all fainting and ſwooning Fits, and Fits of the Mother, Falling Sickneſs, Convulſions, Megrim, Vertigo, Letqargy, and other Diſeaſes of the Head: Uſe it both outwardly and inwardly.

An Excellent Approved Water againſt all Infections, all cold Diſeaſes of the Head and Stomack; for the Dropſie, Palſie, preſerving Health, expelling all Tumors; Deviſed by the King's Phyſician.

Take what quantity you pleaſe of Bawm-water, and to every pint thereof take Aniſeeds, Liquoras, of each two ounces; bruiſe them, and infuſe them in the water four and twenty hours; then put into the Still Treacle, four ounces; Sage and Celandine, of each a good quantity; powr the reſt upon them: then ſprinkle over them one ounce of Bole-armenick in fine Powder; diſtil it with a moderate Fire.

Dr.

Dr. Butler's *Admirable Cordial Treacle-Water.*

Take one ounce of raſpt Hartshorn, boil it in three pints of Spring-water, to a quart; then take Roots of Gentian, Elecampane, Cypreſs and Tormentil, of each one ounce; of the Flowers of Borage, Bugloſs, Roſemary, and Marigolds, of each two ounces; Citron-peels one ounce: then take one pound of the beſt Venice-Treacle, and diſſolve it, ſix quarts of good ſtrong white wine, aud three pints of red-Roſe water; infuſe all together in a Veſſel cloſe ſtopped, ſtirring it ſometimes for two days; then diſtil it in a Glaſs Alembick, or in a Copper Alembick, with its Refrigeratory or Bucked Head: Keep every Running by it ſelf, and mix them as you beſt like, and ſpend the weakeſt firſt, ſweetning it with Sugar.

It is an Excellent Cordial, it comforts the Heart, revives the Spirits, prevents ſwouning and fainting-fits, is very good againſt Agues and Fevers, Worms and ſmall Pox, to drive the Venom from the Heart. It is excellent againſt the Plague and Infection, all Epidemical and Peſtilential Diſeaſes. Doſe two ſpoonful of the ſtrongeſt for aged People, and of the ſmall for Children.

Dr.

Dr. Bnessius, *a Physitian at* Paris, *his Cordial Water of green Walnuts, as he makes it every year; He gave the Receipt to Sir* Kenelm Digby.

Take a good quantity of the Flower or Bloomings of the Walnut-Trees, it is a long green Excrescence, and is the first thing that buddeth out; stamp them in a stone Mortar, and press out all the Juice from them in an Apothecaries Press: distil this Juice in a Glass-Still in *Balneo Mariæ*, or in Sand, and keep the Water, save also the Mark that you p essed the Juice out of. Then when the Nuts are as big as Hazle Nuts, take also a quantity of them, and stamp them, and press out the Juice; which distil there remains in the bottom a thick Substance like an Extract; which keep, as also the Water. Then when the Nuts are growing big, and have but a Jelly in them instead of a Kernel, and are fit to preserve, take a quantity of them, and stamp them, and press out the Juice; which distil as before, to a like Consistence as the other: Mingle your three Waters together: and this is his Water of Walnuts, which is a great Cordial, and is Diaphoretick: It is much recommended for the Cure of Agues, and intermitting Fevers, and all malignant Fevers. It fortifies the Stomack, Head and Brain, is good against the suffocation of the Mother, it is good against the Colick caused by Wind and Flegmatick Matters.

ters. The Dose is from three or four ounces to seven or eight.

I saw a Letter from a Person of Quality at Paris, *to Sir* K. Digby, *wherein he related to Sr* K. *that he had cured himself of a Quartan Ague by taking a Glass full of the said water which he had made, taking it assoon as he found the least Symptom of the approaching Fit, he went to bed and covered himself very warm, and fell asleep, and had no Fit at all that time nor never after.*

The thick Consistences which remain after the distillation of the Juices, the said Doctor putteth together, and when he hath evaporated them to a fit height for making of Plaisters (if they were not so already by their distilling) he putteth to them (removed from the Fire) a little Venice-*Turpentine about an eighth or tenth part, or a little more, and a little Powder of Cinamon and Cloves, and a little wheat-flower to thicken it, also a little Salt, and kept it in a Pot all the year; of this he makes Plaisters for the Stomach, from the* Sternum *to the Navil, and six or eight fingers breadth; which let remain on as long as it will stick, taking it off sometimes to wipe away the Water.*

This comfrots and strengthens the stomack wonderfully when it digesteth not well.

You should so proportion your Substances or Nuts as to have about a like quantity of juice of each.

For Crudities and indigestions of the stomach when a looseness followeth, (which usually commeth from

eating more than one can digeſt) he preſcribeth two or three days very ſlender diet; and to eat one Morning three or four candid or preſerv'd green Walnuts, and to drink a little burnt Claret after them, or raw Wine, eating a mouthful of bread: this ſettleth the Stomach very right.

The way how to candite and preſerve green Walnuts will be ſet down in the Chapter of preſerving and candying.

A rare Cordial Water called the Royal Aqua Vitæ.

Take Lignum, Aloes, Roots of Zedoary, Angelica, Carline, Thiſtle, and Valerian, of each one ounce; Cinamon, Mace, and Citon-rind, of each ſix drams; Cloves, leſſer Cardamoms, and ſweet Fennel-ſeed, of each half an ounce; flowers of Roſemary, Sage and Marjoram, of each two ſmall handfuls, which is to be bruiſed, and put them into a ſtone Jugg or Bottle with Spirit of Wine and Malmſey Wine, of each four pints; ſtop the Veſſel cloſe and them macerate in a warm Bath for three days, then diſtil them in a ſand Bath, or in *Balneo Mariæ*, diſſolving in the diſtilled water fine Sugar, then put it up for uſe. And if you would have it perfumed, you may diſſolve in it Ambergreece and Musk, of each half a dram.

This Water is much eſteemed and uſed by all the Nobles in France: *The perfection of it is, that although there be not many Ingredients, yet they are of great vertue. It fortifieth the Brain, Head and Stomach, ſtrengthens the Memory, comforts the Heart, reviveth the Spirits when enfeebled by the di-*

distillation of the Spirits, or overpressed by the abundance of ill qualities or bad humors. It is to be taken fasting, from one spoonful to three in some proper liquor.

A Cordial Water, or Spirit of Cinamon.

Take chosen Cinamon bruised, one pound, *Aqua Vitæ*, three pints; the best Rose-water, two pints; let them digest a day or two close stopped; then distil it in an Alembick with a Refrigeratory, or in a Glass Cucurbite, or a Tin Cucurbite with a Glass-head: such as described in our Engine: The first pint will be pretty good, and the last milky and sweet of the Cinamon, but strong of the Spirits. You may distil this till you perceive it commeth no more strong of Cinamon. Keep every one of these three Waters in a Vessel apart close stopped.

The spirituous Water of Cinamon, is good speedily to comfort and fortifie all the noble parts, and principally the Heart: for which reason it is given with great success in swooning and fainting Fits. It comforts and strengthens the Stomach, excites natural heat thereof, helpeth Digestion, stays Loosness, expels Wind, and eases Chollicks which are caused thereby It is much recommended to strengthen Women in Labour, to facilitate the Birth, and ease their pains. It is also very good to provoke the Terms, and to exhail the vapors that rise in the Matrix. It is given alone of the first runnings mixt together, from half a spoonful to a spoonful when there is any necessity; but when you take it often, it is better to keep to the lesser Dose.

Sir Kenelm Digby *says, that* Lignum Cassia *maketh a much finer Spirit than Cinamon; he made it thus, as I make it now.*

Take four ounces of the quilled sort, which is the finest and best; bruise it well, and put it into a gallon of Mallago-Sack- Digest them together three or four days in *Balneo*; then distil it with a very gentle heat: If you will rest there, severe the first, second and third runnings as the custom is; but if you will have it richer of the Wood, distil off all together as long as it cometh with vigor, and put that liquor upon fresh *Cassia*, and digest as before, and then distil: repeat this till it be as strong as you desire; but the last time you put fresh wood you may keep three runnings each apart; you may also distil it with three parts of Wine and two parts of Rose-water; then sweeten it with Sugar.

A Cordial Water of Clove Gilly flowers.

Put *Aqua Vitæ*, or Sack upon Clove Gill-flowers; digest them two days; then distil it in a Glass Body, laying other Clove Gilly-flowers upon the mouth of it upon a Boulter-Cloth: (that the spirit rising and passing through the flowers may tinge it self of a beautiful color) then distil the Spirit as strong as you like it, which sweeten with Syrup of Clove Gilly-flowers, Sir *K. D.*

A Lem-

A Lemon-Water.

Pare of the yellow thin Rinds of Lemons, ſo thin as to make Chips, which will be as low as the Pores go; and put them into a Glaſs-body with a Head and an Alembeck, and diſtill them in *Balneo* with a gentle heat: you ſhall have a very ſprightful water; (with Oyl ſwimming upon it, which conſerves it) whereof a little will aromatiſe Wine or any Liquor. and make it very pleaſant. Sir. *K. D.*

If you diſtill Raſps in a cold Still, and put a little of that Water into Sack, or other Wine, or into Claret or white Wine and Water; it will aromatiſe it very ſtrong of Raſps, (without changing the colour) and make it very pleaſant: two or three ſpoonfuls is ſufficient to a quart of Sack. Sir K. D.

An Excellent Orange-water, or Spirit.

Take the parings or Chips of the Rind of an hundred Oranges into a Cuburbite, ſo large that they fill not above a third part full, powr upon them three quarts of good *Aqua Vitæ*; then put on the Head and Alembeck, and lute it well with paſte and paper, ſtop the Veſſel of the Alembeck, and let it ſtand to digeſt three or four days; then diſtill it with a gentle heat in *Balneo*; keep the firſt quart by it ſelf, for it will be excellent good; then change the Receiver, and the Oyl will come over with the reſt of Liquor,

when it beginneth to come weak leave off distilling. Mingle one pint of excellent Syrup of Clove Gilly-flowers with the first quart; and it will be an excellent Cordial Water: you may aromatise it with Ambergreece if you love Amber.

A Cordial Water very good for Women; from a great Lady.

Take Penyroyal, red Sage, sweet Marjoram, and Rosemary-flowers, of each one handful; pick them well, and rub them in a Cloth; then shred them small, and put them into a stone Jugg, and pour upon them one Gallon of Sack; stop it close, and let them digest two days; then distill it carefully; the best way of distilling this Water, is in a Cucurbite with a Glass-head, and in *Balneo Mariæ*. If you distill it in a a cold Still, you must give a gentle fire, keeping wet Napkins upon the top of the Still to keep it cool: sweeten it with fine Sugar, or Sugarcandy; and hang a little Sarsenet in it with two drams of Safron.

The Grand Duke of Florence, his Excellent Celestial, or Imperial Water of great vertues, which he gave to the Duke of Vandome, who gave it to Sir Kenelm Digby.

Take of Turbit, that which is white and Gummish, two ounces; Mastick, Nutmegs, Cina-

Cinamon, Cubebs, of each half an ounce; yellow Sanders, two ounces; bruiſe all theſe and put them in a Glaſs-body; and put into them two ounces of Venice Turpentine, and two pound of white Honey; then powr upon them two quarts of very good Spirit of Wine, or Nants Brandy; ſtop the Veſſel very cloſe, and digeſt it two days; then diſtill it in *Balneo* till it begin to come whitiſh; then take the Veſſel out of the *Balneo*, and ſet it in a ſand Bath; and having changed the Receiver, diſtill it by degrees, and you will have a whitiſh water; to which add half a pound of newly drawn Oyl of Spicknard, and prepared Pearls, and Corals, of each half an ounce; an ounce of Cream of Tartar, in ſubtil powder; ſtop it cloſe, and keep it for uſe: then encreaſe the fire, and diſtill to dryneſs, and you ſhall have a reddiſh, Oyliſh Water; which keep alſo by it ſelf.

The firſt clear Water, is a moſt ſovereign Remedy for the Wind and Stone-Collick, and for any pains of the Stomach; it is alſo good for Surfeits, and excellent for obſtructions of the Spleen and Liver: It purifieth the Blood, comforts the Brain, and ſtrengthens the Memory. It is a ſure and infallible Remedy for the Fits of the Mother, as alſo the Convulſion Fits and Falling-ſickneſs: the Doſe is half a ſpoonful; with as much of any diſtilled Water, or in fair water.

The ſecond whitiſh Water is an excellent Remedy for the Stone and Gravel: it is alſo very good for Sores and Wounds, Ulcers and Fiſtula's, warmin

a little of it, and bathing the parts afflicted therewith, it cures the Noli me tangere, *Erisipelas, or St. Anthonies fire.*

And if you mix some of the first water with it, it will be more efficacious.

The reddish Water, is an infallible Cure of the Hemoroids and Piles.

It is also excellent for the Gangreen and Wounds.

An Excellent Cordial Water for Surfeits, and for an Ague.

Take six quarts of *Aqua Vitæ*, put into it a peck of red Poppy-flowers; let them infuse twenty four hours in a Glass close stopped; then strain it, and press it well, and put the clear Liquor into the Glass again, with Figs and Raisins stoned, of each two ounces; Aniseeds beaten, half an ounce; all tied up in a Bag; set this in the Sun for ten or twelve days: For an Ague, take two or three spoonfuls of this Water, and dissolve in it the bigness of a Hasle-nut of *London*-Treacle an hour before his fit; and let him stir upon it, and do what moderate excercise he can, and fast four or five hours after it.

Sir Kenelm Digbys *Cordial Poppy-water, for Surfeits, as he had it prepared every year for his Family, is thus,*

Take a wide mouth-Glass of six quarts, and put into it five quarts of the best double stilled Aniseed

Aniſeed-water; then thruſt in as many red Poppy-leaves as will fill it top-full; and let them infuſe twenty four hours; then ſtrain and preſs them out, and put in as many freſh Poppies, and let them infuſe as long; then ſtrain them again, and put in freſh, and let them iufuſe ſix or ſeaven days; then ſtrain and preſs them well from the Liquor; and then ſtrain the liquor from the Dregs: then put into it ſix ounces of ſtoned Raiſins of the Sun, and a pound of ſtoned Cherries; and half a pound of fined Sugar; then ſtop the bottle very cloſe.

This is an excellent Surfeit-Water, and very efficatious. Sir Kenelm Digby's *Cook-woman had once ſurfeited her ſelf, by eating of thoſe venoms and dangerous fiſh called Muſſels, ſhe was very bad, her heart and Stomach very much oppreſſed, and her Body was full of red ſpots; ſhe took a Cup of this Surfeit water, and was perfectly cured: and I my ſelf have had experience of the good effects of this Water; having at one time ſurfeited my ſelf by eating of thoſe Muſſels, ſo that I found my Heart and Stomach oppreſſed in ſuch a manner, that it ſeemed as if there l'ed a very heavy burthen or weight upon my Stomach, and could ſcarce fetch my breath; my Face and the white of my Eyes was as red as a Scarlet; They gave me a Glaſs of this Surfeit water and it preſently cured me.*

The

The Lady Dacreſes *Cordial of black Cherries, wherewith ſhe was cured of a great dizzineſs giddineſs and ſwimming in her Head; and many others have found the like effects of it. Sir* K.D.

Take four pound of black Cherries, ſqueeze out firſt all the Juice from them; then bruiſe the reſt with their ſtones in a ſtone-Mortar, then put them with the Juice into a Bag, with Bawm, and tops of Roſemary ſhred very ſmall or ſtamped, of each one handful; Cinamon and Nutmeg, of each half an ounce; then powr thereon two quarts of Sack; ſtop it cloſe, and let it ſtand twelve hours; then diſtill it, and draw ſo much of it that it be weak like *Aqua Mirabilis*; ſweeten it with Sugarcandy to your taſte.

The ſaid Lady diſtilled this in an ordinary, cold Still; but Sir K. D. *ſayeth he thinks it were better to diſtill it in a Cucurbite; you may have one made of Tin; (which will ſerve you many years, whereas a Glaſs one is very apt to break) and fit a Glaſs-head to it, and ſo you may diſtill either in a ſand-Bath, or in* Balneo Mariæ. *It is a pleaſant Cordial Water; drink a little Wine, a Glaſs-full at a time, in the Morning faſting, and at Night going to Bed.*

My

My Lady Poltney told Sir Kenelm Digby *that ſhe had known black Cherrie-Wine do great effects in that caſe:* Make it thus;

Preſs out the Juice from black Cherries, and then bruiſe the reſt with the ſtones, and preſs that again; then put both Juices together, and let them ſettle; then put the clear into bottles, with a lump of Loaf-Sugar into each bottle to make it work; after it hath wrought, and is ripe, drink of it.

The true and genuine Receipt of that famous Spirit, called the Queen of Hungaries *Water; ſo called by reaſon of the wonderful effects which a Queen of* Hungary *received by it at the age of ſeaventy two years.*

Take four pound of Roſemary flowers, gathered in a fair Morning, two or three hours after Sun-riſing, and picked from all the green part; put them into a Cucurbite, and powr upon them three quarts of Spirit of Wine well rectified; preſs down the flowers into the ſaid Spirit, and then cover the Cucurbite with its Head and Alembeck) lute well all the Juncture with paſte and paper; then place it in a ſand Bath, and lute a Receiver to it; then leave it ſo until the next Morning; then diſtill it with ſo moderate a fire, that whilſt the Spirit diſtilleth the Head may not be ſo much as warm; or to haſten the diſtil-

distillation, you may cover the Head with a linnen Cloth doubled several times, and dipped, in cold water, and dip again, and cool the Head several times; continue the distillation until you have drawn about three quarts of Spirit, which will be very pure, and charged with the best and volatile substance of the flowers; then take out all the fire, and let the bath cool; unlute the Vessels, and put the Spirit into a Bottle well stopped; then strain and press out the liquor that remains in the Cucurbite, and clarifie it; then put it into the Cucurbite again, and distill it until it remaineth in the bottom of the consistence near as thich as Honey, or a thick Syrup, which put into a Pipkin well glazed, and boil it over a gentle fire to the thickness of an ordinary Extract: Put the last Spirit into a bottle by it self.

The great fame and reputation of this Water, and the great Vent for it in Germany *and* France *for many years since, has caused several persons, as ignorant as wicked, to prepare it after their manner, taking only the tops of Rosemary, with the flowers instead of the pure flowers well picked, which makes the scent of the Water stronger, but more tart and unpleasing as well as the taste; and instead of rectified Spirit of Wine, make common* Aqua Vitæ *serve their turns.*

The true Spirit of Rosemary-flowers well prepared, is a most sovereign thing against all cold Distempers of the Head and Brain. It is also an excellent Remedy against all cold Diseases and affections

ons of the Nerves and Joints; against Rheumatisms and cold Gouts. It cureth the Head-ach, dissolves and dissipates the vapors that causes the Megrim and Vertigo, strengthens the Memory, helpeth deafness and noise in the Ears by dropping two or three drops of it into the Ear; strengthens and clears the sight, by washing the Eye-lids therewith, and dropping of it into the Eyes; it healeth Contusions, Bruises and Swellings; it asswages the Tooth-ach, fortifies and strengthens the Stomach and Bowels, creates an Appetite, and helpeth Digestion; it opens obstructions of the Liver and Spleen, as also the Womb, suppressing the vapors thereof. It is of great power to preserve and strengthen natural heat, and to ease aged People of a great many of those Diseases that attend upon old Age. The Dose is from half a spoonful to a whole spoonful in Wine, or any Cephalick Cordial Water: For the Head-ach, Megrim and Vertigo's, you may snuff up a little of it into the Nostrils, and apply it with a linnen Cloth doubled to the Temples and Forehead; and in the same manner it is to be used for Bruises and Swellings, Rheumatisms and the Siatica. It whitens, softens, and smoothens the Skin, preserving the Complexion and Beauty thereof, being used either alone, or mixt with wild Tansie-water, Water of Lillies, or Water-Lillies, or May-dew *distilled. In short, there is hardly any Remedy to be found that produceth so many and good effects as this Spirit, as several famous Authors confirm and testifie, as well as Experience can testifie.*

The

The second Spirit you distilled from the Liquor pressed out, is also good, and may produce good effects, for it will stay longer in the Stomach than the first, by reason it containeth less of the volatile part of the flowers. The Dose must be doubled.

A most precious Cordial Elixir of Dr. Mynsight.

Take red Roses dried, Mint, Bawm, white Sanders, Cinamon, Orange and Citron-peels, of each half an ounce; Lignum, Aloes, and Mace, of each two drams; Seeds of Coriander, of Angelica, of Anise, of sweet Fennel, of each half an ounce; Spicknard Galingal the less, Safron, Cardamoms, Cloves, of each half a dram; prepare and bruise them all, and put them into a Cucurbite, and having powred thereon three quarts of Spirit of Wine, and two quarts of Damask-Rose-water, fit on the Head, and lute it well, and let it stand to digest eight days; then distill it so long till you have seaven pints of water: In this Water put *Lignum C ssia* well bruised, two onnces, Safron, half a dram, Juice of Alkerms; let it stand to digest for some days; then strain it and sweeten it with fine Sugar or white Sugarcandy.

It is a most excellent Cordial, and very odoriferous: It exhilerates and comforts the Heart, revives the Spirits, comforts the Brain and Stomach, augments natural heat, causes a good digestion, expels wind, and is a most incomparable Remedy against the Chollick and griping of the Guts; it takes away Colds,

Colds, and opens Obſtructions of the Lungs, Liver and Spleen; preſerves Health,; and as the Author ſays, keeps back grey hair, and prolongs life.

Thoſe that love Amber and Musk, may put into the diſtilled Water with the other Ingredients, Ambergreece and Musk, of each half a ſcruple, ground together in a little Mortar with a little Sugar, and then tyed up in a little Sarſenet; or you may perfume it at any time, as you uſe it with a drop or two of the Tincture of Amber ſet down in the Chap. of Perfumes. The Doſe is one ſpoonful or two.

Cordials to be taken after Phiſick to comfort and ſettle the Stomach, and to cauſe Reſt and Sleep.

Take of Alkermeſs, one dram and half; Syrup of Cowſlips, a good ſpoonful; Dragon and red Poppy-water, of each one ounce; mix them and take it when you go to Bed.

Or take of the Conſerve of Clove Gilly-flowers, two drams; Diaſcordium, one dram; Syrup of Cowſlips, one ſpoonful; mix them with Strawberry-water, Lettice, *Carduus*, or Roſe-water, and take it Bedward.

Or take Conſerves of Roſes and Methridate, of each the quantity of a Haſle-nut; mix them with ſome Cordial Waters and Syrup.

Another Excellent Cordial to cauſe Reſt and Sleep in a Fever, or when one is oppreſſed with pain, as alſo in a Surfeit, or after Phiſick.

Take Confection of Alkerms, one dram and an

an half, Diaſcordium, one dram; Syrup of Clove Gilly-flowers a good ſpoonful; mix them very well with two ounces of Dragon-water, or red Poppy-water, or *Carduus*-water, as the Diſeaſe requires. *It is an excellent Cordial.*

Dr. Farrar. *his great ſtrengthening and reſtoring Cordial Electuary and Drink.*

Take Conſerves of Roſemary-flowers, Conſerve of Borage-flowers, Conſerve of Clove Gilly-flowers, of each half an ounce; Electuary of Diaſatirrion, one ounce; Candid Ringo-Roots, ſix drams; *Venice*-Treacle, two drams; Nettle-ſeeds, and Seeds of Rocket, of each half a dram; *Species Diomoſchi dulcis*, two ſcruples; Syrup of Stoechado's, ſo much as will ſuffice to make it up into an Electuary. Take the quantity of a Nutmeg of this Morning and Night, or when you will, and drink a little of the following Decoction after it..

Take Leaves of Sage, of Organy or wild Marjoram, Roſemary and Nettle-tops, of each one handful; Chamæle, Chamepit, Stoechao's, of each half an handful; Seeds of Nettles, of Rocket, and of ſweet Fennel-ſeeds, of each three drams; Roots of Pellitory of *Spain*, half an ounce; ſhred them all ſmall, and boil them in a quart of Fountain-water; then ſtrain it, and mix the ſtrained liquor with a pint of old Mallago-Sack.

This ſtrengthens Nature wonderfully, and is excellent for old Men, taking a little glaſs-full after the foregoing Electuary.

CHAP.

CHAP. XII.

Select Cordial JULEPS.

An opening, purging and cooling Julep for Choller and burnt Humors.

TAke French Barly, two ſpoonfuls; Succory with the Roots, of Maidenhair, Liverwort, and Sorrel, of each half a handful, Roots of Fennel and Graſs, of each half an ounce; of the four cold Seeds beaten, of each two ounces; boil them in a ſufficient quantity of Fountain-water, a pint and half; then ſtrain it, and infuſe in it half an ounce of Sena; then take Tamarins and Polipode, of each three ounces; Mechoacan, Jallop, and Hermodactils, of each two ounces; Currans bruiſed half an ounce; of Borage, Bugloſs and Roſemary-flowers, of each half an ounce, if they are to be had, if not you

may leave them out: bruiſe them all, and infuſe them warm in a ſufficient quantity of Succory-water; then boil them until there remains a pint; then ſtrain it, and infuſe in it four ſcruples of Rubarb in thin ſlices, and three ounces; then ſtrain it again, and add Syrup of Roſes, and Cream of Tartar, of each one ounce; then add the firſt decoction: Take of this a quarter of a pint every Morning as long as it laſts.

A cooling, opening, Cordial Julep, good in Feveriſh Diſtempers.

Take Succory-water, four ounces, Roſe-water, two ounces; Syrup of Violets, of *Roſæ Salutive*, of each half an ounce; Spirit of Vitriol, fifteen or ſixteen drops; mix and ſhake them together, and take thereof two or three ſpoonfuls at a time.

Another Cooling Julep.

Take Barley-water and Sorrel-water, of each half a pint; Syrup of Violets, and Syrup of Juice of Citrons, of each one ounce; Spirit or Oyl of Vitriol, twelve or fifteen drops, or ſo much as will make it of a grateful aſcidity.

A Cor-

A Cordial Julep againſt Melancholy, Vapors and Palpitation of the Heart.

Take Bawm-water half a pint; Borage and Roſe-water, of each two ounces; a few drops of Oyl of Sulphur; in which infuſe cold, one ſcruple of Safron for four hours; then ſtrain it, and diſſolve in it one ounce of *manus Chriſti*; Confection of Alkermes, one ounce; Syrup of Citrons and Clove Gilly-flowers, of each half an ounce; mix all and make a Julep.

It is comfortable and refreſhing, as alſo reſtorative. Drink a ſpoonful or two at pleaſure.

Dr. Mynſight, *his excellent Cordial and cooling Julep.*

Take half an ounce of Endive-water; of Sorrel and Roſe-water, of each half a pint; of Water-lillies and Scabio's, of each ſix ounces; Cinamon-water, two ounces; Syrup of Violets or Roſes, half a pound; Juice of Limons, two ounces; mix them, and add Spirit of Vitriol ſo much as to give it a grateful acidity.

It is an excellent Remedy in a burning Fever, in a ſpotted, purple, malignant Fever, and all other malignant Diſtempers. It is a very excellent thing; it cools Inflammations, quenches Thirſt, moiſtens a dry body, and is a pleaſant Cooler, being cordial. The Doſe is five or ſix ſpoonfuls.

A moſt excellent Cordial, cooling Tincture of Roſes

Take two quarts of water, make it boiling hot; then powr it into an earthen or white Baſon, or a deep Pan, and put into it two or three ſpoonfuls of Spirit of Vitriol, and ſtir it with a clean wooden ſtick; then put into it a good handful of red dried Roſes of that year; ſtir them well, and thruſt them even in the liquor, then cover it, and let it ſtand to cool; then ſtrain it without preſſing the Roſes, and you ſhall have a Tincture as red as a Ruby. Be ſure you do not make it in any Tin or Pewter Veſſel, for it will loſe the color.

It is a very pleaſant Cooler, and a great Cordial, and ſtrengthens the Liver, the Kidneys, and the Stomach; It is excellent in Fevers.

A Cordial Water to prevent and cure the Apoplexy.

Take Tops of Marjoram, Jilly-flowers, of Lillies of the Valley, of Roſemary, Lavender, Sage, Primroſes, of each three handfuls; infuſe them in Spirit of Wine rectified, and Orange-flower-water, of each three pints; ſet it in the Sun for eight days; then diſtil it in a ſand Bath, and keep the Water.

This Water is excellent to fortifie the Brain and the noble parts; and is given from half a ſpoonful to

to a whole one, as well to prevent as to cure the Apoplexy, and all Diſeaſes of the Brain.

The beſt way to diſtil a moſt Odoriferous and Spirituous Roſe-water, far beyond any that can be drawn by ordinary means, and as much to be commended for its pleaſant and penetrating Odour, as for its Vertues.

Take 20 pound of Damask-Roſes pick'd, ſtamp them in a Stone-Mortar with a wooden Peſtle; mix and beat with them by degrees one pound of gray Salt powdered; put it into a large earthen Pitcher, or into two, cruſh and ſtamp them down very cloſe, and order it ſo that the Pitcher may be quite full; then ſtop it up cloſe with a Cork fitted to it; then cloſe it up with yellow Wax made warm, ſo that no Air can get in; then tie a Bladder about it, and ſet it in a Cellar for ſix weeks: Then open the Pitcher, and you ſhall find the Roſes to have a kind of ſmell of Wine, which is a Sign of their fermentation, and of the aptneſs of the ſpiritual parts to ſeparate from the terreſtrial, and to aſcend in diſtillation. Take out a pound of theſe fermented Roſes, and diſtil them in a Cucurbite in *Balneo Mariæ*, between lukewarm and boyling hot, until the Roſes remain almoſt dry; then take them out, and make the Cucurbite clean, and put into it ſeven or eight pound of freſh Roſes out of the Pitcher, ſtopping the Pitcher up cloſe again; then powr upon the

Roſes the water that you diſtilled; diſtil it as before, until the Roſes be almoſt dry, then take them out, and put in freſh Roſes, and powr upon them the diſtilled water, and diſtil again as before: Continue doing thus till you have diſtilled all your Roſes; and thus you ſhall have a moſt Odoriferous Roſe-water, which will ſmell all the Houſe over while you are diſtilling: and you may pickle what quantity of Roſes you pleaſe whilſt they are in their ſeaſon, and ſeveral Pitchers with them inſtead of one, and you may diſtil them when you pleaſe, at *Michaelmas*, or at *Chriſtmas*; for they will keep good a long time, provided your Pitchers be well ſtopp'd and cloſed. Thus they commonly do them in *Germany* and in *France*. And of this Roſe-water you may draw an Inflamable Spirit, that will burn like Spirit of Wine, by rectifying it in a Mattreſs with a long Neck with a Head upon it.

Sir Walter Raleigh's *great Cordial according to the Counſel and Advice of Sir* Ken. Digby *and Sir* Alexander Fraiſer, *firſt Phyſician to his Majeſty.*

The firſt Ingredients of Animals.

Harts-horn calcin'd in the Vapors, Diſtillations, and Circulations of Spirit of Wine, with ſome raſp'd Harts-horn both powdered, of each an even quantity, in all four ounces.

The

The Second.

Oriental Bezoar-ſtone reduced into inpalpable Powder, three ounces.

The Third.

Oriental prepared Pearl, two ounces.

The Fourth.

Of the Fleſh, Hearts and Livers of Vipers, they being firſt ſtripped of their Skins, and dried in a Glaſs-bottom in *Maries* Bath, until they are fit to be reduced into Powder, three drams; put two drams thereof to the Vegetables, and add one dram to the Powders.

The Fifth.

Musk powdered with ſome white Sugar-Candy in a Marble or Stone Mortar, thirty grains, and afterward diſſolve it in a vaporous Bath with Spirit of wine in a Pelican, and draw off the Spirit again with a gentle heat of the ſame Bath, unto the conſiſtency of a thick Syrup, which muſt be afterwards mixed with the other things.

The ſixth.

Amber-greece, four drams powdered in a Marble, or ſtone-Mortar, with ſome white Sugarcandy ſo long till they are perfectly united, which will be very troubleſom without the ſubtil and fiery Oyl of rectified, and thrice paſſed over moſt pure ſalt of Tartar in *Maries* Bath; therefore this mixture of Sugar and Amber-

greece muſt be put in a Glaſs-bottle, and powr over it of this ſubtil Oyl until it overtops it the breadth of four fingers; then cloſe the Veſſel, and place it in a vaporous Bath until it be united by diſſolution; then filtre it through Cotton into a glaſs-Viol, and being cooled, there will be united of theſe three Bodies, a Butter or Cream moſt delicious and pleaſing, which already of it ſelf is a great Cordial: thus the Amber-greece muſt be prepared for this Operation.

The Tincture of Coral to be taken as in the Author's firſt Receipt; and ſtrike down the Pearl with Oyl of Vitriol, and Oyl of Sulphur, equal parts for that is the beſt way.

Vegetives, and firſt Roots.

Which are the Angelica, Tormentil, and round Birthwort-roots, of each one ounce; the *Fraxinella*, or white Dittany-Roots, the Carline, the *Contra Yerva* and Gentian-Roots, the Serpentary of *Virginia*, the Valerean and Zedoary-roots, of each half an ounce: the fitteſt time to gather theſe Roots, is the beginning of the Spring.

Secondly, Plants.

Which are Bittony. *Cardus Benedictus*, *Scordium*, or Water-Germander, the Dittany of Creet, Marjoram, Mints, Bawm and Seldual, of each four handfuls: theſe Plants to be gathered a little after Sun-riſing in a ſerene, dry day, the Dew being dried off, and not after Rain.

Thirdly,

Thirdly, Flowers.

Which are, Borage and Bugloſs-flowers, Clove-gilly-flowers, the red Roſe, Roſemary-flowers, *Roſa ſolis*, the Marygold and Elder-flowers, of each one Pottle; Safron, half an ounce; flowers of Nutmegs or Mace, two ounces.

Fourthly, Fruits and Berries.

Namely, Cardamoms, Cubebs, Alkermes-Berries, Juniper-Berries, Cloves and Nutmegs, of each one ounce; the Juice of Alkermes, of which all over *Europe* is made the Confection of Alkerms, is ſuppoſed better than the dried Berry, as in the Authors Receipt.

Fifthly, Barks and Rinds.

Which are, Saſſafras and Cinamon, of each four ounces; Limon and Orange-rinds, of each two ounces.

The Vegitables, if they be dry muſt be put into groſs powders, if green, they muſt be cut very ſmall with Siſſers, for ſhredding with a Knife will waſte the Juice.

Sixthly, Woods.

Wood of Aloes and Saſſafras of Virginia, of each four ounces: Theſe Woods muſt be extracted in a pure and ſimple Spirit, or ſome of that Spirit drawn off from the courſe extract, to perform which, there needs no more than to proceed ſimply in the ſame manner as before in

the

the digeſtion and filtration of the laſt Extract; then mix this reſinous Extract with the Sugar, the Extracts, Powders, Syrup, which muſt be done by diſſolving gently with ſome of its proper Spirit in a Pan; and thus unite it gently with ſome Syrup before it be joyned with the reſt, otherwiſe it will remain in lumps, and will not diſſolve in the Stomack with eaſe enough to communicate its vertue when it is needful a Cordial ſhould operate.

Seaventhly, Minerals.

Minerals, which are the Oriental Bole, or Bole of *Arminia*, the ſealed Earth, or *Terra ſigillata*, Coral, the *Unicornu minirale*, or white Loadſtone, of each four drams; Gold, two drams.

To prepare theſe Earths, that is to ſay, the Oriental Bole, and ſealed Earth; you are to take ſome of the liquid Extraction of the Vegetables aforeſaid, which enter into this great Cordial and Water theſe two Earths therewith into a Glaſs-boy till they are reduced into a liquid Pap; then draw off this Liquor by diſtillation, with a gentle heat of a vaporous Bath; and this continue for ſeaven times, or rather till the Operator can find out by the taſte of the Earths that they are ſufficiently impregnated with the ſavour and vertue of the Cordial Plants for then it is time to leave off; drying what is in the Veſſel in the ſame degree of heat till there appears no more moiſture in the head of the Alem-

Alembick, nor a drop of Liquor pass through the Neck of the Alembick; put afterwards these Earths, thus impregnated, in a glass-Viol very well stopt to enter them afterwards into our composition; reduce the *Unicornu minerale* into subtil powder.

Then all these various Ingredients must be mingled well together on a grinding stone as before, and by degrees mingled with the Sugar-candy, which must be a pound and half, the Musk and Amber-greece according to Art,

Before you take this Cordial, examine your Stomack, and if it be troubled with some suddain indispositions which may cause a nauseousness or sickness, by reason of some sharp, malignant humors that sojourn in the bottom of the Ventrickle; in this case the Stomack ought to be cleansed with a simple, natural, gentle vomit, that indispositions of the Stomack may not be attributed to the Remedy; and then this great Cordial to be made use of in all seasons, from all sorts of persons, of what Sex or Age soever, but still with the advice of a Phisitian: Its Dose is, from six grains to half a dram, to preserve and maintain health; and from half a scruple, or twelve grains to a dram or four scruples, when concerns the care of such Diseases to which it is appropriated, which only belongs to the Phisitian to discover; who not only knows the vertue of this great Cordial, but also examins the disposition of the subject, both in health and sickness who is to receive it; reflecting upon the

the Time, Doſe, Age, Sex, Temper and Climate.

A Cordial to procure Sleep and Reſt.

Take a quart of the beſt unſophiſticated Claret-Wine; put into it a handful of Cowſlip-flowers; one handful of Borage-flowers, and a ſlip of Roſemary; ſet it on the fire, and when it is ready to burn, ſmother it in the firſt flame, and keep it in the pot till it is cold; then ſtrain it, and put thereto three ounces of Clove-gilly-flowers well mingled together, and every Night at your going to Bed, take a Wine-glaſs of it, you muſt not warm it the ſecond time.

CHAP.

CHAP. XIII.

Select Phiſical ALES *and* DIET-DRINKS.

The Earl of Linſey's *Scurvy-graſs-Ale, whereby he was cured of the Scurvy and Dropſie.*

TAke halfa peck of Sea-Scurvy-graſs-leaves, eight handfuls of Sage; two handfuls of Wormwood; one handful of Horſe-radiſh-roots ſliced; two ounces of Scurvy-graſs-ſeed; two pound of Raiſins of the Sun ſtoned; one handful of Wood-Bittony, and the peels of two Oranges; put them into a thin bolter Bag, and hang them in twelve gallons of ſmall Ale after it hath done working, and after it hath ſtood a week, drink thereof.

The

The Lord Linsey *was much troubled with the Scurvy, Dropsie, and pitting of his Legs, of all which this Ale quitted him; his use was to take a draught of it in the Morning fasting at least two hours before Meat, and another in the Evening, and sometimes also at Meals: It caused a good digestion of his Meat, and fortified his Stomack, and made him more vigorous.*

Sir Kenelm Digby's *Scurvy-grass-Ale, which he made frequent use of.*

Take Sea and Garden-Scurvygrass, of each half a peck, and two ounces of the Seeds; eight handfuls of red Sage; English and Roman Wormwood; one handful of Horse-Radish-Roots sliced; two pound of Raisins of the Sun stoned; one handful of Wood-Bittony; two Oranges stuck with Cloves, or bruised Cloves, and two or three Oranges more slightly stampt with the other Ingredients; put them all into a thin bolter Bag, and hang it in an empty Vessel of a fit seize; but first put some weight into it to make it sink, and hang it so with a string fastned about the Bung-hole, as the lower part of the Bag may only rest upon the bottom of the Barrel, and the upper part hang by the string; then turn upon it twelve gallons of midling Ale, that so it may ferment and better draw out the vertue of the Herbs. This was the only Ale that Sir *Kenelm* made use of in the time of his health, both for himself and for those of his Family that would drink of it.

Cock-

Cock-Ale.

Take an old red, or other Cock, and boil him indifferent well; then flea him skin-clean-off, and beat him fleſh and bones in a ſtone-Mortar all to maſh; then ſlice into him half a pound of Dates; two Nutmegs quartered; two or three blaids of Mace; four Cloves; and put to all this two quarts of Sack that is very good; ſtop all this up very cloſe that no air may get to it for the ſpace of ſixteen hours; then Tun eight gallons of ſtrong Ale into your Barrel ſo timely as it may have done working at the ſixteen hours end; and then put thereinto your Infuſion and ſtop it cloſe for five days; then bottle it in ſtone-Bottles; be ſure your Corks be very good, and tye them with Packthread; and about a Fortnight or three weeks after, you may begin to drink of: you muſt alſo put into your Infuſion two pound of Raiſins of the Sun ſtoned.

Another Cock-Ale.

Take an old Capon or Cock, pull, draw and perboil it, and cut off the Head and Legs; then beat it to a maſh (as before) in a ſtone-Mortar; then take four Nutmegs; an ounce of Mace; if you will, as many Cloves, which being all bruiſed, put to the Cock, and powr on it all two quarts of good Sack; let this ſteep four and twenty hours in an earthen Pipkin; then take

a pound of Dates; four pound of Malago Raiſins; and if you pleaſe twelve Eggs-ſhells and all; but firſt beat the Dates and Raiſins; and then mix all with your Infuſion. For this quantity you muſt take eight gallons of ſmall Ale; and when it has done working, put in all your Preparation; let it ſtand three days, after which draw it into Bottles, and let it be nine days before you begin to drink of it.

An Ale or Drink to cure a Conſumption. Approved.

Take half a Pound of blanched Almonds groſly beaten; four ounces of Aniſeed; and three ounces of Liquoras bruiſed; red Roſes, Hyſop and Purſlain, of each three ounces, a little bruiſed; boil theſe in two gallons of Alewort, the firſt running to one gallon; then (when it is cold) put into it a quart of Malmſey; afterward bottle it, or keep it cloſe in a ſtean pot: Drink of it in the Morning faſting, and in the Evening two hours before Meat.

It preſerveth from a Cough, ſtrengthens the Conſtitution, and cureth a Conſumption.

A cx-

An Excellent purging Ale, or Diet Drink to be uſed in the Spring and Fall, to open Obſtructions of the Liver, Spleen, and Meſeraical Veins, cleanſe the Blood, purge Choler, Flegm, and Melancholy, cure Itch and Scab.

Take Agrimony and Scabious, of each a good handful; four Madder-roots, two red-Dock-roots, Aniſeeds one ounce, Cinamon half an ounce, Mace two drams, three Nutmegs, Liquoras two ounces and a half, Hermodactils and Polipody, of each three ounces; Sena four ounces, Sarſaparilla two ounces; bruiſe the Spices, cut the Roots, and ſlice the Liquoras; put them into a Bag, and hang them in ſome five gallons of midling Ale, and after three or four days drink a Draught every morning ſeven or eight days together.

Mechoacan Ale to purge the Dropſie.

Take four ounces of *Mechoacan*, three ounces of Hermodactyls, three ounces of *Lignum vitæ*, three Races of Ginger, two Nutmegs; cut all theſe in thin ſlices; put them into a Canvas bag, and hang them in two gallons of new tunn'd Ale before it hath work'd, with a ſtone in the bottom of the Bag, and after it hath done purging, powr in Endive and Cichory-water, of each a pint; and after ſeven days, drink ſuch a proportion (as may give you ſome four Stools a

day) every Morning fasting, and if your Body be extraordinarily subject to any Infirmity, either hereditary, or by disordered Diet, add such Herbs as are most pertinent to the Nature of your Disease.

This Purgation of Mechoacan *is so wholsom and effectual, that if it be drunk a fortnight at* Spring *and* Michaelmas, *it will not only take away the Causes of the great Dropsie, and all kind of Agues, the Stone, and Accidents of the Brain, and infirmities of the Spleen, but also restore the Complection to an excellent Habit and Colour, defending the Body from a number of Inconveniences*

A Purging Ale by Dr. Butler, *Physitian to King* James

Take Sea and Garden Scurvi-grass, of each a peck, Sena and Polipody of the Oak, of each four ounces, Sarsaparilla six ounces, Caraway seeds and Aniseeds, of each half an ounce, Liquoras two ounces, Agrimony and Maidenhair, of each two indifferent handfuls; cut the Sarsaparilla, scrape and slice the Liquoras, then let them be altogether grosly beaten, then put a Gad of Steel into the bottom of a Canvas Bag to make it sink, and upon that all the former ingredients, and hang it in a Vessel of a fit size, and Tunn upon it four gallons of good Ale; after four or five days you may drink of it, and when it begins to grow stale, draw it into Bottles,

tles, and Cork it close, and set it in a cool Cellar upon the Stones, or in Sand.

If you would have it more purging, increase, or double the proportion of Sena.

The Dock-Ale to clear the Blood, and open the Obstructions of the Liver.

Take the same quantity of Ale, and wipe half a peck of Dock-roots, and slice them, two good handful of Succory roots, one good handful of common Sorrel roots, slice all these, and put them into a Bag, and hang them in the Ale as the former, & when it hath hung a week, Bottle it up.

An Excellent purging Ale prescribed by D. Wright, *with the* Minium *Plaister, for any Ach or swelling.*

Take two gallons of Wort not throughly boiled, and three handful of Dock-roots sliced, boil them therein till a pottle be consumed, then add thereto Liverwort, Endive, Succory, Fumitory, Scabious, Agrimony, of each three handful, and boil them in the same Liquor till another pottle be exhausted; then when it is cold, strain it, and put this Liquor to three gallons of Wort boiled perfectly well; let them both be of one and the same temper when they are mixed; then hang therein in a Bag (with a Gad of new Steel) the following Ingredients: Dry Scurvigrass three days by the Fire, or in an

Oven upon Sieves, in a temperate heat, that it may dry leiſurely; when it is reaſonable dry, ſhred a pound of it, then take three ounces and a half of Sena, one ounce of Jalap, one ounce of Rhubarb, three ounces and a half of Garaway ſeeds, a handful of Orange peels, half a handful of Citron peels, half an ounce of Saſſafras, and a dram of Nutmegs, ſlice what is to be ſliced, and then bruiſe them together groſly, and hang (with the Gad of ſteel) in the Bag as aforeſaid, adding to them two handful of wheat-bran; this for four gallons of Ale or Beer prepared according to the former direction.

The Minium *Plaiſter to be uſed with this Ale if occaſion be.*

Take half a pound of red Lead finely ſearced, a pound and half of Oyl of Roſes, and half a pound of yellow wax, ſlice the wax, and melt it gently with the Oyl; when it is melted, put in the Red Lead, and ſtir it continually upon a gentle heat, until it begin to be brown, and then until it be cold. When you would mix it with Diachylon, take equal proportions of that and the Red Lead.

A purging Ale for the green Sickneſs.

Take of Sena half a pound, Polipody four ounces, Epithimium two ounces, Agarick and Rhubarb,

Rhubarb, of each one ounce, ſweet Fennel-ſeed and Aniſeed, of each an ounce and half, Sarſaparilla five ounces, Saſſafras one ounce, Liquoras half an ounce; make a Bag for three gallons of new Ale, and about two or three days after it hath done working, drink of it both Evening and Morning, without intermiſſion, the quantity of five ounces, and about two or three days after the ending of it; let blood in the Arm, then reſt a day; after which, take the Steel-wine for a Fortnight; after that, reſt two or three days: and laſtly, take the Pills *de Tribus Fernelii*, Doſe half a dram, more or leſs, as you find cauſe, at leaſt half an hour before Supper, thrice in a week.

A purging Ale or Beer, very good againſt Melancholy, Flegm, Choler, and all terreſtrial Humors, to purifie the Blood, and quit the Scurvy, &c.

Take the Juices of Sea and Garden Scurvy-graſs, Tops of Hops, Apples, Fumitory, Agrimony, Cicory, Borage, Baume, Scabious, Liverwort, and Mugwort, all ſtamped together, four ounces; Roots of Polipody of the Oak, two ounces, the Roots of Aſparagus, Borage, Bugloſs, Sorel, Cicory, Red Dock, Elecampane, and Graſs-roots, of each half an ounce, the inward Rinds of the young Sprouts of Aſh, the Rinds of Capers and Tamarisk, of each three drams, Liquoras and Epithimum, of each

a dram and half; Maidenhair and Agrimony, of each two good handfuls, Broom Flowers, Violets, Borage, Bugloſs, of each a good half handful, the four greater and four leſſer cold Seeds, of each four drams, Sena ſix or eight ounces, Rhubarb one ounce, Mechoacan, one ounce and half, Fennel-ſeed, Aniſeed and Caraway-ſeed, of each ſix ounces, Shavings of Ivory, Harts-horn, yellow Saunders and Saſſafras, of each half an ounce, Ginger two drams, and one Nutmeg; prepare all theſe according to Art, and make a Bag to ferment and work in ſix gallons of midling Ale, or eight Shilling Beer, and after it hath wrought, put in the Juyces; it purgeth aduſt burnt Humors, and openeth Obſtructions of Liver and Spleen.

Another, to be uſed in the Spring for Scab and Itch.

Take red Endive, Cicory, and Scabious, of each one handful, Sena three ounces, *Lignum vitæ*, ſhav'd or chipt, four ounces; a red Dock root or two pith'd and ſhav'd; put them into a Canvas Bag, and let it work in a gallon of ſtrong new Ale, and ſo drink a good draught every Morning faſting, and an hour after Dinner, uſing Exerciſe.

A purging Ale for the Spleen and Liver.

Take the Roots of Monks Rhubarb, and red Madder, of each half a pound, four ounces of Sena, and two ounces of Ginger, Scabious and Agrimony, of each a handful; with a Horseradish root; wipe and slice your Roots, and put all together into a Canvas Bag, with half an ounce of Rhubarb sliced; hang this in three gallons of strong Ale; when it is Tunn'd up, let it so continue the space of a week, and then draw it out into Bottles.

An Excellent purging Ale or Diet-Drink for Spring or Fall.

Take Sena of *Alexandria*, Polipodium, and Ashen Keys, of each four ounces, Aniseeds, sweet Fennel seeds, Bayberries hull'd, and Sassafras sliced, of each two ounces; Rhubarb two drams; slice all that are to be sliced, except the Sena; put them all into a Boulter, or thin Bag, and hang it in three gallons of the strongest Ale, not hopp'd, when it hath stood four days after working, drink thereof first in the Morning, and last at Night, a pint at a time, or thereabouts, beginning with it first at Night, and take Posset-drink, or warm Broth, some two hours after you drink it in the Morning, to forward the working of it, keep warm, and use moderate Exercise.

This is excellent againſt Dropſical Humors to cleanſe the Blood, and purge Flegm, and Coller, expell th Winds in the Stomack, and very much ſtrengtheneth.

Sir Kenelm Digby's *Wound-Drink for any Fiſtula, Corroding Ulcer, or old Sore, or the King's Evil, wherewith he did a great Cure at* Frackfort *in* Germany *where I was with him, as you may ſee at the end of this Receipt.*

Take a good handful of Sage, and as much of Rue after they are well pickt from the ſtalks; chop and bruiſe them a little; but ſee that none of their Juice be ſevered from them; put theſe into a thin Bag of boulter-Cloth, and hang it in four gallons of ordinary ſmall Ale well brewed as ſoon as it is Tunn'd; at the ſame time take three hundred of live Munky-peaſe, otherwiſe called Sows, gathered under Wood, Timbers and Stone; but you muſt be ſure to take thoſe that rowl themſelves round when you touch them like Pepper-corns, which the other, flat, ſort do not do but run away when you touch them; pull off their heads, and throw them away, and bruiſe their Bodies with a little of the Ale, that you may get all the ſubſtance and moiſture out of them, which pour into the reſt of the Ale, and put their Skins into the Bag among the Herbs that ſo you may loſe nothing of them; after it hath wrought ſufficiently, begin to drink of it at Meals, and at all times you have

have occaſion to drink: and continue the uſe of it till you are cured, drinking no other Liquor all that time: and to make it more grateful to the Taſte, may you add one fourth part of white Wine: before one Veſſel is near ſpent prepare another, that you may always have one under another, and keep a ſlender and wholſom Diet; forbear eating ſalt-Meat, or ſalt-Fiſh.

With this Drink Sir Kenelm Digby *cured Sir* William Curtious *his Daughter at* Franckforth *in* Germany *of a coroding Ulcer in her Leg after many Remedies taken in vain; which had ſo mortified the place by the long continuance of it, that the Leg was ſhrunk, and was ſhorter than the other by at leaſt two inches.*

It is not to be wonder'd at, That this Drink ſhould do ſo great effects; (it being compoſed of ſo few Ingredients) ſince all famous Authors aſcribe ſuch wonderful vertues to theſe Creatures, and that experience teſtifies; That they cleanſe, reſolve, and purifie to a wonder; They diſſolve the Stone in both Reens and Bladder to a ſlime and bring it away: They open Obſtructions, cure the Jaundies, all Obſtructions, ſtoppage and Strangury of Urine; They help the Collick, Aſthma and ſhortneſs of Breath, reſtore loſt Appetite. They are excellent, and much recommended for the curing of all ſorts of Cancers, and ſchirrous Tumors in what part of the Body ſoever, the Kings Evil, all ſordid, inveterate and rebellious Ulcers, and old Sores. The ſame Drink cures the Kings-Evil to admiration. Dr. Salmon *ſays, that he orders two hundred of them to be bruiſed*

ſed and ſtrained into a quart of White or Rheniſh Wine, or Ale, and ſo to be continually drunk for a time. Being dried, and the Powder mixed with Honey, and applied, cureth the Squinſie, and ſore Throat.

Another Diet-Drink for the Kings Evil, Fiſtulaes, ſore Breaſts, Legs, or any other Sores, or Ulcers.

Take Sanicle, Agrimony, Avens, wild Bugloſs, red Bramble, Dandilion, Wood-Betony, Ribwort, wild Dayſie-Roots, and Leaves of Mugwort, Plantane and Wormwood, of each two handfuls; of the Raſpings of *Lignum Vitæ*, of each one handful; which you may buy of the Bowl-Turners, one pugil of Hartshorn; ſhred and bruiſe all the Herbs until the vertue is boiled out of the Herbs; then ſtrain and preſs out all the Juice from the Herbs; then ſet the Liquor on the fire again, and clarifie it with whites of Eggs, and ſo much Honey as will make it drink pleaſant and not ſharp; then boil it a little more; then let it cool; then take three ſpoonfuls of Monky-peaſe, or Sows, ſuch as in the foregoing Receipt pull off their Heads and through them away; bruiſe their Bodies with ſome of the Liquor, and preſs out all their ſubſtance into the Liquor when 'tis cold, then botle it up, and it will keep a compleat year. Drink thereof two or three times a day, uſing ſome fit Purgations before the uſe of this Drink.

Mr.

Mr. Barnet's *Excellent Diet-Drink, wherewith he cured three of his Children of the Kings-Evil; he had it from an able Phyſician.*

Take Sarſaparilla, Bark of *Lignum Vitæ*, of each three ounces; China-Root, Polipode of the Oak, Saſſafraſs and ſweet Fennel-ſeed, of each two ounces; Elecampane, one ounce; Stechadoes, half on ounce; of the Raſpings of *Lignum Vitæ*, four ounces; bruiſe them all, and infuſe them in three gallons of Fountain-water for twenty four hours; then boil it gently for two hours in a Veſſel cloſe ſtopped; then put into it two handfuls of tops of Roſemary; four handfuls of Arch angel-flowers; two ounces of Liquoras bruiſed, and two ounces of Maiden-hair; let them boil an hour longer; then take it off and ſtrain it; and being cold, put into it two ounces of Sena; and let it infuſe all Night, the next Morning ſtrain it again, and drink a good draught of it in the Morning faſting, the like at four in the Afternoon, and another at Night; continue the uſe thereof till you are cured. Note, the Patient during the uſe of this Drink, muſt abſtain from all groſs Meats; as Beef, Pork, Bacon or any ſalt Meat, or Fiſh; as alſo from Milk, Butter and Cheeſe. After the firſt Draught in the Morning, he may eat a Meſs of Water-grewel about two hours after.

Another

Another approved Drink for the Kings-Evil, though broken out in divers places.

Take Herbrob, Mugwort, Smallage, and Agrimony, of each four handfuls; ſhred and ſtamp them alitle; then take three hundred of Munky-peaſe, or Sows, and bruiſe their Bodies, throwing away their heads, and ſqueeze out all the Juice from them with a little white Wine) then put their husk among the Herbs, which put into the bag of Boulter-cloth, and hang it in four gallons of new ordinary ſmall Ale well brewed; then put into it the Juice of the Sows and white Wine; and after it hath wrought ſufficiently, drink of it at Meals and at all times; drink no other Drink till you are cured, which may be in a Fortnight or a Month.

The Author ſays he gave this Drink to one for a ſwelling and humor in her Noſe, whom it cured.

It will cure the Evil of any ſort, broken or otherwiſe. He ſays that it hath cured thoſe that had the Sores or Evil broken out in every Joynt; taking no Drink for a month, at Spring and Fall.

Beſides this Drink, you may apply outwardly the following Remedy when the Evil is broke out.

Take Garden-Snails, with their Houſes, and beat them in a Mortar with a little Parſly into the conſiſtence of a Plaiſter, and ſo apply it to the Sore or Soresand change it every Morning.

Dr.

Dr. Farrar affirmed to Sir K. Digby *that he had cured with this Remedy a moſt contumacious, foul, inveterate Kings-Evil ſeveral times touched by the King, and wrought upon by the beſt Chirurgions, and given over as deſperate: He ſays it is alſo good to take away the raging pains of the Gout.*

Another Infallible outward Remedy for the Kings-Evil.

Take Garden-Snails; beat them in a ſtone-Mortar with their ſhells; then put to them the Dung of a Hen new made ſo much as ſhe voids at once; put to it a piece of Rye-bread an Inch ſquare, with the yolks of two new-laid Eggs, and one ounce of Oyl of Lillies; mix and grind all theſe well together till it is like a Poultice; then heat it, and lay it as hot as can be endured upon the Sore or Sores, and renew it every Morning freſh till it is whole: Note the Party muſt take firſt ſome Purge to cleanſe the Body before the uſe of this Remedy.

An Experimented Wound-Drink, or Potion, which Cured a Gentlewoman of an Ulcer in the Reins in ſix weeks ſpace, as Sir K. Digby *relates.*

Take Leaves of the large Comfrey, Agrimony, Mugwort, of each two handful, *Mumia*, half an ounce, *Paul's* Betony, or Speedwel, ſix handfuls; ſhred the Herbs, and powder the *Mumia*, and boil them in a ſufficient quantity of white

white Wine and Water in a Veſſel cloſe covered; then powr off as much as you can of the Clear, and then diſtil the remaining, and put the diſtilled Water to the clear Decoction that you powred off. Take of this a little Glaſs-ful in the Morning faſting, and as much at four in the Afternoon.

This cured alſo a Gentleman, who being cut of the Stone, could not be healed.

A very good Diet-Drink for the perfect Cure of the Dropſie and Scurvey.

Take Wormwood, Maidenhair, Betony, Agrimony, and Fumitory, of each a handful; red Dock Roots, and Madder Roots, of each three ounces, Polipode two ounces, Sena five ounces, Rhubarb ſliced thin, two ounces, Mace, Nutmeg, Galingale and Cloves, of each two drams, Mechoacan thin ſliced, Hermodactils, two ounces, Sarſaparilla four ounces; ſhred the Herbs, and ſtamp them; and bruiſe the Roots and Spices; put all into a Bag, and hang it in ſix gallons of ſix ſhilling Beer, with a pint and half of Juice of Watercreſſes, and two pints of Juice of Scurvigraſs; and let it work together ſix or ſeven days, and then drink thereof as oft as you pleaſe.

Note, *That you muſt not fill the Veſſel too full; for it muſt not work over. You may add to the Compoſition half a pound of Horſe-Radiſh Roots bruiſed.*

An

An Excellent Drink to cool and temper a hot Liver.

Take two Gallons of Whey new made, boil therein one Fennel Root, and one Mallow Root, their Piths taken out, and the Roots bruiſed; Sena two ounces, Borage, Bugloſs, Violet-leaves, Endive, Succory, Agrimony, Sorrel, Scurvigraſs, Water-creſſes, and Cinquefoil, of each a handful, Liquoras ſix drams, ſweet Fennel-ſeeds, one ounce, Cloves, Mace, Cinamon, and Juniper-Berries, of each two drams; ſhred the Herbs, and bruiſe the Seeds, and let them boil in the Whey till two quarts be conſumed; then ſtrain it into an earthen Veſſel, and being cold, put into Bottles, and keep them in a Cellar. Drink thereof a Draught in the Morning aſſoon as you are riſen, and another an hour before Supper; continue the Uſe thereof for ſome time, the longer the better for your health.

It is good alſo for the Stomack, but eſpecially for a hot Liver.

An Excellent Diet-Drink for the Gout, Dropſie, Scurvey, or any humid Diſeaſe.

Take three ounces of Sarſaparilla, Saſſafras, and Liquoras, of each two ounces; China root one ounce; boil all theſe in a new earthen Pipkin, in ſix quarts of Spring-water with a gentle Fire,

Fire, until it comes to four quarts; and half an hour before you take it from the Fire, put in half an ounce of Cinamon, and six drams of Sena; strain it, and drink thereof three weeks together without any Drink all that while; and eat nothing in the mean time but rosted Mutton, and Fowl or Rabbit, without Sallet.

A Drink for a burning Scab or a salt Humour.

Take of *Lignum vitæ* half a pound, of the Bark of *Lignum vitæ*, Aniseed and Liquoras, of each one ounce, Honey ten ounces, Violet leaves, Strawberry leaves, Harts-tongue and Liverwort, of each a handful; French Barly two ounces, Raisins of the Sun stoned one pound and a half, twelve Figs sliced; stamp the Herbs, and boil all these in three quarts of Spring or Conduit water to two quarts; strain it, and give a draught of it Morning, Noon and Night, drink it cold.

An Oyntment to be used with this Drink.

Take white Lead, Litarge of Gold, Litarge of Silver, and Sulphur, of each an ounce; reduce all into a fine powder, and make an Ointment thereof with Sallet Oyl and Vinegar, of each four ounces; grind the powder with them by little and little in a Mortar, putting in some Train-Oyl, and sometimes Vinegar.

A sin-

A Singular Remedy very much approved, for a ſcorching and itching Humor, that waters and itches; which cured a Gentlewomans Arm which did abound with very ill diſpoſed wateriſh Humors.

Take Fumitory four handfuls, Langue de beif and Scurvey graſs, of each one handful; Madder two ounces, Harts-tongue one ounce, Rhubarb ſliced, and Sena, of each half an ounce, ſweet Fennel-ſeed bruiſed one ounce, Roots of Elecampane, and red Dock both bruiſed, and Currans waſh'd and bruiſed, of each half a pound; boil them all in two Gallons of Ale to a Gallon; then ſtrain it, and drink a pint thereof in two draughts every Morning faſting at two hours diſtance; taking the laſt draught three hours before Dinner.

Note, *That it is much better to boil it in clarified Whey.*

An Ointment which ſhe uſed with the Drink.

Take Sheeps Suet well tried one pound; boil it in a pint of Plantane water, and a pint of the Juice of Houſleek, over a gentle fire, till a pint is conſumed or more, and but a pint remaining, let it ſtand till it is cold; then take off the Fat that is upon it, and with the Liquor bath the Parts with a Spunge; and having well bathed it,

anoint it with the Fat you took off, and continue it till you are well, as alſo the Drink.

A moſt Excellent Drink for prevention of the Stone and Gravel, whether in the Reins or Bladder, and for many other Diſeaſes; much Experienced by a famous Phyſitian in France, *who uſing it three times a year,* viz. *juſt before* Eaſter, *in the heat of Summer, and at* Michaelmaſs, *preſerved himſelf by it to the Age of* 122 *years in perfect health.*

Take two quarts of Oats, the cleareſt and ſoundeſt you can get, waſh them well in ſeveral waters, and rub them between your hands, then drain them, and boil them in five quarts of Fountain-water, with a good handful of Dandelion-roots well waſh'd and ſtamp'd in a ſtone Mortar; let them boil an hour, then ſtrain it, and put into the Liquor four ounces of Honey, and half an ounce of *Sal prunella*; let it boil a quarter of an hour, then pour it into an Earthen Veſſel, and let it cool; then put it into Bottles.

Take of this two Beer-glaſſes full in the Morning faſting, taking the laſt Glaſs two hours before Dinner, and another in the Afternoon; and continue it for a fortnight, without obſerving any Diet, or keeping Houſe.

It is much recommended to be very wholſom; it cleanſes the Reins, is good againſt the Stone and Gravel, purifieth and ſtrengthens the Lungs; cures all

all Fevers and Agues, even Tertian and Quartains, opens Obſtructions of the Liver and Spleen, helps all ſorts of Colicks, and pain in the ſide, the Scurvey, Dropſie, Heavineſs and Wearineſs of the Body, revives the Senſes, clears the Sight, ſharpens the Appetite, and cauſes reſt in the Night, ſtrengthens Nature, and preſerves Health: It may be taken at any time without danger.

A Diet-Drink againſt Melancholy.

Take Sena two ounces, Fumitory, Hops and Borage, of each a pound; boil them in two Gallons of Spring-water, to one gallon; then ſtrain it, and ſweeten it with Sugarcandy or Honey, and after a weeks time drink a draught of it in the Morning faſting, and another about four in the Afternoon.

Another for the ſame.

Take a pint of *Aqua vitæ*, and a quart of Roſe water, four ounces of Liquoras bruiſed; three ounces of Aniſeed bruiſed; boil all together with a gentle fire to a pint, then ſtrain it, and take frequently thereof in the Morning faſting.

My Lord Brunkard's *Diet-Drink for the Scurvey and Dropſie.*

Take of *Lignum vitæ* and Sarſaparilla, of each

eight ounces, Saſſafras one ounce, Roſemary, Marjoram, Ground-Ivy, Thyme, Bark of the Roots of Capers, Sea and Garden-Wormwood, of each a handful, an Orange Peel ſtuck with Cloves, and of quartered Nutmegs; put them all in a Bag, and hang them in half a Barrel of ſix ſhilling Beer; drink thereof when you are thirſty, the ſtaler it is, the better.

A Rare and Excellent Drink of great Virtues for the Cure of ſeveral Diſtempers, learnt of a Gentleman, who at his Death confeſſed he had done many wonderful Cures with it.

Take half a pound of quick Lime new from the Kiln, powr upon it a Gallon of fair water; let it ſtand eight hours; then pour off the Clear, and ſtrain it through a Sieve with a grey Paper in it; put into this Liquor one pound of blew Currans beaten, Liquoras bruiſed, Aniſeeds bruiſed, Saſſafras, of each four ounces, Mace two drams; let theſe infuſe in the Water twelve hours; then ſtrain it again, and put it in Bottles for Uſe.

This Drink Cures all manner of Obſtructions, inward and outward Ulcers, ſtrengthens Nature, purifieth the Blood, and is good for the Scurvey and Dropſie; it cures Conſumption and ſhortneſs of Breath; it is excellent againſt the Stone and Gravel,

Gravel, Strangury and retention of Urine: it creates an Appetite and causes a good Digestion; it kills Worms, and is an admirable Remedy against the cold Palsie.

Drink of it three times a day, half a pint at a time, with a little Syrup of Ground-Ivy.

CHAP. XIV.

Select Syrups.

A very good Syrup againſt cold Diſeaſes of the Head, Brain and Sinews, as the Palſie, Apoplexy, Falling Sickneſs, Cramp, and Water diſtilling out of the Head lying in Bed.

TAke of the Flowers of Stechados, four ounces; Thyme, Calamint, Organum, Sage, Flowers of Betony and Roſemary, of each an ounce and half, Seeds of Rue, Piony and Fennel, of each three ounces; boil them in five quarts of running water till half is conſumed; then ſtrain it, and boil it up to a Syrup with Sugar and Honey, of each two pound; then take Ginger, Cinamon, Calamus Aromaticus,

ticus, and Nutmeg, of each two ounces; bruiſe them, and tie them up in a courſe thin Cloth, of looſe and open Threds, and hang it in the Syrup.

A very good Syrup againſt the Scurvey, and to ſweeten and attemper the Blood.

Take of the Juices of Scurvigraſs, Brook-lime, Fumitory, Water-creſſes, of Bugloſs, and of Pippins, or Permains, of each half an ounce; of the Bark of Roots of Capers, and Polipode of the Oak, of each half an ounce; Epithymum, Bawm, Agrimony, Maidenhair, Broom-flowers, and Borage-flowers, of each half an ounce; ſhred the Herbs ſmall, and bruiſe the Roots, and boil them all to a pint and half; then ſtrain it, and boil it to a Syrup, with a ſufficient quantity of Sugar: Uſe it with White or Rheniſh Wine.

An Excellent Syrup to clear and open the Breaſt and Lungs; often Approved.

Take Liquoras ſmall ſliced ten ounces, Maidenhair five ounces, Hyſop two ounces; put all theſe into a Pottle-pot, and powr thereon a quart of Spring-water; ſet the Pot into a Kettle or Pot of hot water on the Fire, and keep it almoſt boiling hot for fourteen hours, and as the Water conſumes in the Kettle, fill it up again with hot water; then ſtrain it, and put

the Liquor in a clean Poſnet, and put to it clear Honey, Sugar, and Sugarcandy, of each ten ounces; put into it the White of an Egg beaten; then ſet it on the Fire, and when the Scum riſes, take it off, then ſtrain it, without preſſing it; then ſet it on the fire again, and put into it a quarter of a pint of Roſe-water, and boil it up to the Conſiſtence of a Syrup. Take thereof in the Morning faſting, and at four in the Afternoon, and when you go to Bed, and at any time in the Night, if you are troubled with a Cough.

It hath done much good to many; it will keep a long time, being kept in a Glaſs ſtopp'd with a Prune, and tied on with a Bladder.

A Comfortable Syrup againſt Melancholy.

Take the clear Juice of Borage, of Bugloſs, and Pippins, of each half a pound; Juices of Sorrel, Hops and Endive, of each two ounces; Cinamon and yellow Sanders, of each one dram, Clarifie the Juices with the White of an Egg, and boil it to a Syrup with one pound of Sugar: Then take Cochinel one dram, Saffron half a dram, *Lignum Aloes* raſped one ſcruple; tie them up in a thin Cloth, and hang it in the Syrup.

Another

Another Syrup of Pippins againſt Melancholy; by Dr. Fryer.

Take twelve large Pippins, cut them through the middle, and core them, but pare them not; boil them in two quarts of Water, with a gentle Fire to a quart; then ſtrain it through a Hypocraſs bag, without cruſhing them; then boil the Liquor to a Syrup with a ſufficient quantity of Sugar; then take four grains of Ambergreece, and ten grains of Saffron; put it in a little Tiffany bag, and hang it in the Syrup: Take of this Syrup now and then two ſpoonfuls, with four ſpoonfuls of Borage-water, and eat now and then the quantity of a ſmall Walnut of Conſerve of Borage, drinking the ſaid Draught after it.

This Courſe is Excellent to Cure and prevent Melancholy.

Syrup of Clove-Gill flowers.

Take of the beſt and fragranteſt Clove Gilliflowers one pound, the Whites clipt off, put them in a Pipkin, and powr upon them ſo much hot water as will cover them; cruſh them well down, and let them ſtand all night; then ſtrain them, and warm the Liquor gently, and diſſolve in it fine Sugar in fine Powder; three pound of Sugar will ſuffice for a quart of Li-

quor; but take great heed you do not boil it; for all Authors forbid; becauſe in the boyling of it, you will loſe all the fragrant and cordial Spirits of the Flowers. If you find that your Syrup is too thin with three pound of Sugar to a quart of Juice, then you may take four pound to one quart of Juice. Some Women do admire that this Syrup ſhould keep, not being boiled; but I can aſſure you upon experience, that it will keep as well as if it had been boiled, and I am ſure that it is a great deal better, and more cordial, for the reaſon which I have given.

Note, *That ſome let them ſtand four or five days before they ſtrain the Liquor.*

To make the beſt and richeſt Syrup of Clove-Gilli-flowers.

Take what quantity you pleaſe of the beſt Flowers, their Whites clipt off; then take double the quantity of them of fine Loaf-Sugar powdred and ſifted; put ſome of the Flowers into a Crock or Pitcher, and on the top of them ſome Sugar, then another Lay of Flowers upon the Sugar, and Sugar upon them, and ſo continue till all your Flowers and Sugar are laid; then ſet the Veſſel in a Pot or Kettle of boiling water, ſtopping the Pitcher, and laying a weight upon it to keep it from riſing in the Water; keep the Water boyling for ſeven or eight hours, having another Veſſel of boyling Water ready to ſup-

ply

ply it as it wafts; for it muſt be always kept fill'd up to reach as high as the Flowers in the Pot; after this, powr it hot through a Hair-Sieve into a Baſon; and when it is cold, bottle it up, and ſtop it cloſe, and you ſhall have a moſt rich Syrup very Cordial and Odoriferous, far beyond all compare; but if you would have more in quantity, and not ſo rich, powr ſome white Wine upon the Flowers and Sugar before you ſet it to boil, and you will have alſo a very fine Syrup: After this manner you may make Syrup of Roſes; but you need not clip the Roſes, and ſingle refined Sugar will ſerve.

An Excellent Syrup of Aqua Vitæ *for a Cold or Cough, or Shortneſs of Breath.*

Take half a pint of the beſt *Nantz*-Brandy, put it in a Silver or Pewter Porringer, ſet it upon Embers, and put into it four ounces of powdered Sugar candy; when it is warm, fire it with a Paper, and let it burn until it goes out of it ſelf, and leaves a Syrup behind, but you muſt ſtir it all the while with a Silver Spoon.

Take of this Syrup two parts, and mingle it with one part of Oximel of Squills, which is a moſt Sovereign thing for the Breaſt and Lungs, Phthiſick, Aſtma, and Shortneſs of Breath.

Syrup of Corn Poppy-flowers.

Take Freſh red Poppies two pound, infuſe them in warm water for twelve hours; then ſtrain the Liquor, and infuſe freſh Poppies in it as before; then ſtrain it again, and with an equal quantity of Sugar make a Syrup in *Balneo Mariæ.*

It is Excellent in Feavers, cauſes Reſt, eaſes the Cough, and all other Pains, and the Colick, abates the Rage of the Pluriſie, eaſes the violent pain of the Stone, ſtops all ſorts of Fluxes, the Whites in Women, the Looſneſs and bloody Flux. The Doſe is from one Spoonful to two.

To make Syrup of Aniſeeds, by Dr. Quirceton.

Take Aniſeeds bruiſed two ounces, infuſe them in a quart of Sack for three days; then ſtrain it with one pound of Sugar; boil it very gently to a Syrup.

This Syrup is good for the Breaſt and Lungs, expels Wind, eaſes the Colick, provokes Urine, and cleanſes the Reins: Mothers and Nurſes ſhould never be without this Syrup; for it is an excellent thing to give to young Children for the Gripes; to which they uſe to be very ſubject.

A moſt

A moſt Excellent Syrup to reſtore ſuch as have been lingering in a long and waſting Conſumption.

Take the Fleſh of Snails four ounces, French Barley two ounces, Dates one ounce, Raiſins, Liquoras, of each ſix drams, Sebeſtens and Jujebs, of each twelve in number, ſeeds of Cotton, Mellons, Cucumbers and Gourds, of each half an ounce; ſeeds of Lettice and white Poppies, of each two drams, the Herbs Coltsfoot and Lungwort, of each a handful; bruiſe the Seeds, ſtone and bruiſe the Raiſins, and ſhred the Herbs, and the other Ingredients, and boil them all in three quarts of Water to two quarts; then ſtrain it, and boil the Liquor to a Syrup with two pound of Sugar, and Sugar of Roſes, and *Diatragagant Frigida*, of each five ounces, which you muſt have of the Apothecaries. Doſe, two, three, or four ounces at a time.

Several other Pectoral Syrups, as Syrup of Ground-Ivy, of Turnips; Syrup of Ale, and others you have in the Chapter of Remedies for the Breaſt and Lungs.

CHAP.

CHAP. XV.

Select EMULSIONS or ALMOND-MILK.

To make Emulſions or Almond-Milk.

Take ſweet Almonds, ſix ounces; blanch them, and ſtamp them in a ſtone-Mortar with a wooden Peſtle, powring to it a quart of Barley-broth; but you muſt not make it too thin in the Mortar; for then you cannot beat it, for it will ſpatter about; when you have beat it well, powr more of the Barley-broth to it to make it thin; then ſtrain it, and preſs it either through a clean Sieve or a Cloth; then beat the remainder again with a little more Barley-broth; then ſtrain it again as before; repeat this ſo often till you have got the Milk out of the Almonds, and

and that you have employed all your Barley-broth; then ſweeten it with Sugar; and if you will, you may ſcald it on the Fire without boiling it and it will be like Milk.

It is very nouriſhing, and good againſt Conſumptions, and cures the Ulcers of the Lungs, and is refreſhing and ſtrengthening.

An Emulſion for heat in the Reins and Kidneys.

Take of the four greater cold Seeds, of each half an ounce; Seeds of Lettice and white Poppies, of each two drams, with Barley-broth, one pint; make an Emulſion, and ſweeten it with Syrup of Water-Lillies, three ounces

It is excellent to cool the Reins and Kidneys, and take off the Heat and Sharpneſs of Urine. Drink a little draught of it cold two or three times a day.

A Emulſion good in a Fever.

Take of the greater cold Seeds, of each three drams; Hempſeed, two drams; white Poppy-ſeeds, one dram; beat them and make an Emulſion, with Jelly of Hartshorn and Poppy-water, of each half an ounce, and ſweeten it with Syrup of Corn-Poppies.

It is excellent good in a burning Fever, peſtilential Diſeaſes and in the Pluriſie.

A ve-

A very good Emulsion for a sharpness and gnawing in the Stomack.

Take white Poppy-seeds, two drams; French-barley beaten, half an ounce; twelve blanched Almonds, with Bawm-water and an Alexitery-Milk-water, make an Emulsion, to which add fine Sugar and red Rose-water, of each one ounce and a half: Drink of this as often as you please.

CHAP.

CHAP. XVI.

Select Remedies for the GOUT and SCIATICA.

A Rare Ointment to asswage the Swelling and raging pain of the Gout.

TAke of the ſlender Sprouts of Dwarf-elder in the Month of *March*, when they ſpring up out of the Ground from the Roots, and are about a fingers length, of each four handfuls; ſtamp them, and preſs out all the Juice from them as hard as you can; then boil this Juice in a pound of Hogs-greaſe over a ſoft fire for two hours; or you may boil the Herb ſtamped in the ſaid Hogs-greaſe, and then ſtrain it and preſs it out as hard as you can.

This was given me by a worthy Gentleman, who eſteemed it much, becauſe he being much troubled with the Gout made much uſe of it, and found great benefit by it. It aſſwages the ſwelling and raging pain thereof, and gives eaſe, and ſtrengthens the part afflicted. In the Running Gout, Numneſs and Raging pain in the Hands, Fingers, and other parts; I have often approved it with great ſucceſs after many other Remedies uſed in vain. The part grieved, muſt be bathed with it as warm as can be endured, and well chafed in before a Fire.

An Excellent Poultice, or Plaiſter to aſſwage the raging pain and ſwelling of the Gout.

Take a quantity of the whiteſt part of Pigeons Dung; mix it with equal parts of good Muſtard; temper it with a little Vinegar; then take the Greaſe of a Puppy-Dog, ſo much as will make it into an Ointment or Salve; then take a pint of Garden-Snails, and ſtamp them with their ſhells, with a handful of Parſley; then mix and incorporate all well together, and ſpread it upon Leather and apply it. Parſley and Snails alone ſtamped and pownded together are good for the hot Gout.

A certain and infallible Remedy to prevent and cure the Fits of the Gout.

I knew a Gentleman in Germany, *who always cured and prevented his Fits of the Gout (whenſoever*

ver he perceived the leaſt ſymptom of its approaching) by the following Remedy.

He took a good quantity of the Herb Mullin dryed, which being ſhred, and cut ſmall, (the ſtalks, leaves and bleſſoms) was boiled in a good quantity of the water taken out of the Smith's Trough wherein he ſquenches his Irons; when the water had drawn out the vertue of the Herb, and that it was tender, and being taken off from the Fire there was put in a large proportion of Chalk in powder; In this Bath he bathed his Feet, Legs and Knees in a Tub, in which he continued bathing until it grew cold: Then he cauſed a great Hole to be digged in his Garden, into which this Bath with all the ſaid Ingredients was put, and then the Earth thrown upon it. Thus bathing but once did always prevent his Fit of the Gout, and freed him from all inconveniency of it for half a year: when he perceived it would grow again upon him, he uſed again this Remedy, which did ſo prevent it, that he was never troubled with any lameneſs, ſwelling or pain at all; to which I was an Eye-witneſs; and I heard him ſay, that if he did not uſe this Remedy to prevent it, he would have very ſhrewd and racking Fits, which would confine him to his Bed for a Month or ſix weeks: he cauſed the Herb to be gathered in the Summer when it was in its vigor; which is in *June*; it is called *Verbaſcum* in Latin.

The Spirit of Sal armoniack, mixed with Brandy, and the parts grieved bathed therewith with Linnen-Clothes, and then ſome Linnen-Clothes laid over it doth give great eaſe in the Gout, and ſtrengthens the Party much. I knew a Gentleman at Leons *in* France, *who always uſed it, and found great benefit by it.*

A Bath for the Gout, uſed by Sir William Paddy.

Take a gallon of new Grains, and a quart of Bean-meal; five ounces of Commin-ſeeds beaten; a good handful and half of Roman Wormwood; a good handful of red Roſe-leaves dryed; three ſpoonfuls of Bar-ſalt, and one good ſpoonful of Honey; beat all theſe together with ſo much Beer as will ſuffice to make it to a temperate; ſet the Patient's Leg therein the ſpace of half an hour; and upon a light ſupper uſe it against Night going to Bed, and dip woolen-Cloths therein, and foment the Legs therewith as hot as may be well endured.

Dr. Holſatius *of* Cullen, *his Bath for eaſing the Gout.*

Take four ounces of Frogs-ſpawn-water; one ounce of Mullen-water; powder of Mirrh, one dram; Oriantal Safron, half a dram; reduce them to fine powder, and mix them well together; bath and foment the afflicted part therewith.

Another

Another Plaister for the Sciatica, or any kind of Gout.

Take Deers Suet, yellow Wax, Pitch and Rozin, of each one pound, Frankensence, two pound; beat the Gums severally; then take a pan with a broad bottom, set it upon the Fire, and put into it, first the Pitch, Wax and Deers-suet; stir them with a stick; and when they are well melted, put in the Rosin; and when that is melted put in the Frankinsence; and as soon as it beginneth to rise, take it from the Fire for fear it should enflame; then put into it the other Gums; stir them well together; and when they are well incorporated, strain it through a Canvas-Cloth; when it is cold anoint your hands with Butter, and make it up in Rowls;

Or you may spread it upon Leather while it is warm, and so apply it, using with it the Drink afore-mentioned.

A most sovereign Ointment for the Gout.

Take the eldest Gander you can get, make him ready and draw him, but let no water touch him, take Sheeps Tallow, fresh Hogs-grease, Pitch, Honey, and black Soap; new Wax, two ounces; a quantity of Salt, Frankinsence, in powder, three ounces; the flesh of an old, fat Cat, Meal or Flower of Beans, and the Soot of a Chimney, of each one handful; mix them well together, and put all into the Ganders Bel-

ly, and ſow him up cloſe and roſt him ſo long till he will drip no more; then put up your Ointment and anoint the part grieved therewith.

A good Purge for the Sciatica, or any kind of Gout.

Take Aloes, Hermodactils and Scammony, of each half a dram; reduce them to ſubtil powder, and make Pills thereof, with Juice of Roſes, or with Syrup of Roſes; and for a Fortnight together take every third day, one dram in the Morning,

Uſe alſo the following Plaiſter.

Take two ounces of Pitch; one ounce of Tar; two drams of Treakle, one ounce and half of Roſin; one ounce of Honey; boil and ſtir them till all is melted and well incorporated and united together; then ſpread it on Sheeps-leather prickt full of holes, and apply it as hot as can be endured.

Another for the Sciatica by Dr. Frank.

Take a quart of Sack, the bigneſs of an Egg of Salt-Peter; boil them together till a fourth part is conſumed, then take new Cotton-Cloaths, and dip them in it, and wring them a little, and foment the pained place, ſpreading them upon it one after another many times until the pain ceaſe.

Another

Another Remedy for the Sciatica and Rheumatism.

Take Storax liquid, yellow wax, new Pitch, and Honey, of each four ounces; Cinamon, Pepper, of each one ounce; put all these (in powder) together into a new pot and let it boil but one walm, stirring it carefully all the while; then take it from the Fire, and put into it four ounces of Aloes, and one ounce of Oil of Lillies; stir them well together to make them incorporate; then put the Pot again upon hot Ashes, and stir it until it be of the Consistence of an Ointment; which spread warm upon Leather, and apply it; but if your Disease be in a whole Thigh, then you may spread it upon a whole Lambs Skin.

You may leave it on seven or eight days, if it require. If the Disease come again, put the Plaister on again. This Medicine will keep a long time.

Another Bath for the Gout; by Dr. Ruland.

Take Juniper-berry-wood cut small, three pound; Mint, Camomil, Linseeds, of each half an handful; bruise the Seeds, and shred the Herbs, and boil them in a sufficient quantity of water to make a Bath; by the use of which the pain went away and the Party was perfectly cured.

A Drink for the Gout. Dr. Scroderus

Take Germander, Groundpine, tops of Sage, of each one pound and a half; Primrose, Rose-

mary, of each half a pound; Miſleto of the Oak half a pound; China-Root ſliced three drams; digeſt them all in fifteen quarts of Rheniſh Wine for ten days, then ſtrain it. Drink thereof two or three times a day.

It is alſo good againſt the Sciatica and Rheumatiſm.

Another Drink for the Gout.

Take Hermodactils, Sena, of each one ounce; Turbith, Mechoacan, Ana, one ounce and a half; Leaves of Ground-ivy, Vervain, of each two drams; Seeds of Fennel, Aniſeeds, of each one dram and a half; Cardamoms, Cinamon, Mace, Safron, of each one dram; Flowers of Mullion, Roſemary, Flower de luce, of each half a dram; bruiſe and prepare them all, and infuſe them in eighteen quarts of Rheniſh Wine in *Balneo Mariæ* for two days; then ſtrain it and ſweeten it with fine Sugar, and drink thereof three ounces a time with one dram of Cream of Tartar in the Morning faſting for ſome days.

It is prevalent againſt the Gout and ſeveral affects of the Stomach, Liver and Spleen; It draws thick Phlegm from the Joynts and remote parts.

An Approved Remedy for the Sciatica in the Hip, or any kind of Gout

Take two ounces of Burgundy Pitch, Oxicrocium and Gum Caranna, of each an ounce; melt and mix them well together; ſpread it on Leather, and apply it to the part for nine days. *It hath cured many.* When

When you uſe the aforeſaid Plaſter, uſe the following Infuſion.

Take Sena half an ounce, Epithimum, Raiſins ſtoned, Fennel-ſeeds, and Ginger of each half a dram; put them in half a pint of Whey; then make them warm, and let it infuſe twelve hours, then warm it again, and ſtrain it, and drink it all off in the Morning faſting.

Uſe alſo the following Drink to give every day two or three Stools.

Make a ſtrong Decoction of *Lignum Vitæ*, put into it Sena, Hermodactils, of each four ounces, Epithimum two ounces, Turbith one ounce, Coloquintida half an ounce; let them infuſe in warm Sand, or in a Kettle of warm Water in a Veſſel cloſe ſtopped for twenty four hours; then ſtrain it, and drink thereof every Morning faſting, and at Night; take of the diſtilled Water of *Lignum Vitæ* one ounce, with half an ounce of Syrup of Cowſlips; and uſe to eat the quantity of a Nutmeg of an Electuary made of Conſerve of Cowſlips four ounces, Conſerve of Sage-flowers, and Roſemary-flowers, of each two ounces, Conſerve of Roſes one ounce; make them into an Electuary.

For a Prick that doth feſter, rankle and burn, a preſent Remedy.

Take Burnet, ſtamp it to maſh, then ſpread it on a Cloth, and apply it to the place; it will ſpeedily help it.

CHAP.

CHAP. XVII.

Select Remedies for Bruiſes *and* Swellings.

A Pultice to open an Impoſtume, and to ripen a Bile.

TAke one handful of Sorel, twelve Figs ſliced, half a pint of the Juice of Sorel; boil this together until it be very tender, and put to it ſome wheat Flower, and Hogs Greaſe, and lay it warm to the place, changing it twice a day; continue this till it be drawn out.

Another for the ſame; much Approved.

Take the Whites of two Leeks, and wrap them up in a wet Linnen Cloth, and bake them under hot Embers, ſo that they be only ſoft and no

no more; then pound them in a Stone-Mortar, with a piece of Hogs-Greaſe, ſpread this pretty thick, and apply it, changing it once in ſeven hours; and in three times changing it, the Matter will be all drawn out.

With this Cataplaſm you may alſo Cure Deafneſs and Noiſe in the Head and Ears.

Mr. Stockdeal's *Approved Remedy for a Bruiſe and Swelling.*

Take a pint of fair Water, and boil in it a handful of Salt, then bath the part ſwelled therewith as hot as you can endure it.

With this he cured himſelf of a great Bruiſe and Swelling upon his Foot, which was occaſioned by a piece of Brick that fell upon it from the Top of a Chimney.

Another infallible and often Approved Remedy for a Bruiſe and Swelling, to diſcuſs the Humors and Tumor.

Take ſome Tow of Flax or Hemp (of Flax is beſt) and moiſten it with *Nantz*-Brandy; then ſpread it over with Honey, then ſprinkle ſome of the Brandy upon the Honey, and having bathed the ſwell'd part with a little Brandy, lay it on.

This cured a Boy who fell upon his Face, and a Knob as big as an Egg ſwelled preſently upon his Forehead;

Forhead; they laid this Remedy to it, and by the next Morning it was well. The like happened to a Girl, a Gentleman's Daughter, and I coming into the House when it was newly done, adviſed them to uſe this Remedy, which they did, and the next day all the Swelling was gone. A Servant Maid fell down the Stairs, and exceedingly bruiſed her foot and Ankle-Bone; whereupon it ſwelled very much; her Miſtreſs ſeeing me go by, called to me, and told me of the Accident that happened to her Maid, asking my Advice; I adviſed her to uſe this Remedy; which ſhe did, and it was perfectly cured. It is a great Diſcuſſive of Humors.

CHAP.

CHAP. XVIII.

Select Remedies againſt the PLURISIE.

An Infallible Remedy for a Pluriſie, Experienced by Mr. Trear, *a Famous Chirurgeon, and alſo by Dr.* Tresfel.

TAke a Pippin, open it at the Top, & take out the Core; then fill it with white Frankincenſe; then ſtop it again cloſe with the piece you took out at the top, and roaſt it in hot Aſhes; then beat it to Maſh, and let the Patient eat it.

Another Approved Remedy for the ſame.

Take three of the biggeſt round Balls of Horſe-Dung, break them in pieces, and boil them in a quart of white Wine, till a pint is conſumed; then ſtrain it, and ſweeten it with Sugar;

gar; and let the Patient drink a good draught of it, and keep him warm in his Bed.

Another very Excellent Remedy for the ſame.

Let the Patient drink a good Glaſs-full of the Juice of Chervil, which is a great purifier of the Blood. *It hath cured many.*

Another Remedy for the Pluriſie, in caſe Bleeding cannot be admitted.

℞

Take fine wheat-flower, make and bake a Cake of it, which cut through the middle, parting one ſide from the other, and ſpread upon the Crumb of each of them Treacle or Mithridate, and apply each ſide of the halves to each ſide of the Patient; and uſe at the ſame time the Drink made of the Horſe-Dung, boil'd either in Wine or ſtrong Ale. Stone-Horſe dung is beſt.

A Purge for the Pluriſie.

Take half an ounce of Sena, French Barley and Liquoras, of each an ounce; Raiſins, Tamarins, and Maidenhair, of each half an ounce, Violet and Strawberry-Leaves, of each an handful; boil all of them in a Pottle of water to a quart; then ſtrain it, and drink a draught thereof every Morning for four or five days together; and if you have not four or five Stools in a day,

a day, take another Draught at two in the Afternoon.

For the Cramp.

Take Oil of Earth-worms, and anoint the Hams well therewith, the Calves of the Legs, and under the Knees forward.

Another.

Take a freſh Eel, flay it, and dry the Skin, and tie it about the place afflicted, or put it over the place, between the Blanket and Sheet, when you are laid in Bed.

Another for the ſame.

Take Bawm and Roſemary, of each a handful, ſhred them very ſmall, and chop or ſtamp them; then pnt them in a Diſh upon a Chafing-diſh of Coals, cover the Diſh with another; and when the Herbs are very hot, apply them to the place afflicted.

For the Falling of the Uvula, which ſome call the Palat of the Mouth.

Sir *Kenelm Digby* ſays it is an infallible Remedy for the Falling of the *Uvula*, to do thus: Gag your ſelf with the Joint of your Thumb, whoſe one end joyneth to the Hand, and

and the other is the middle Juncture of the Thumb: let your two Rows of Teeth reſt upon theſe two ends of that Joint, ſo as to make you gape wide; keep your ſelf gaping thus as long as you can, all the while ſucking in your Breath. When you are weary, take out your Thumb and reſt; then repeat it again, and reſt again when you are weary; you ſhall not have done ſo twice, but your *Uvula* will be reſtored to its due place.

CHAP.

CHAP. XIX.

Select Remedies for the PILES and HEMORHOIDS.

Excellent Remedies for the Piles

TAke white Lead in fine powder, one dram, burnt Allum, two drams; mix them with Hogs-greaſe and Plantane-water, and then anoint the grieved place therewith.

Another infallible and often approved Remedy againſt the Piles

Take Pilewort, ſtamp it and mix it with freſh unſalted Butter, (in *May*) working into it as much of the Herb as you can maake it well take in, ſo that the Butter be highly green; then

melt it over the fire, aud let them boil gently till the Butter have taken in all the Juice and vertue of the Herb, and the ſuperfluous moiſture be evaporated: In a word, you are to make the Butter as ſtrong as you can of the Herb, and that it be of a perfect green colour, and no fermatick moiſture remaining with it; when it is cold, it will be firm and hard. With this anoint the Piles, putting unto them as in the foregoing Receit.

An approved Remedy againſt the Hemorhoids.

Take of the beſt and fatteſt Figs, ſix in number; cleave them through the middle, lay them in a Porringer, and powr upon them ſome good Brandy to cover them two good fingers breath; then ſet the Brandy on a fire, and let it burn ſo long as it will, and your Figs will then be very tender and ſoft; then apply one of them as hot as can be endured to the ſwelled Hemorhoids that comes out, and let it remain until it groweth cold, which will be leſs then half a quarter of an hour; then apply another half of Figs as before, and ſo continue till you have uſed all the twelve half Figs; and to that end you muſt keep them warm by the fire.

This will give you perfect eaſe, (though the pain were never ſo great before, and will take away all the ſwelling and knobs upon the Veins, and make them retire orderly into the Body.

Dr.

Dr. Bates *his Remedy for the Piles, wherewith he cured himſelf when he had them in the greateſt extremity that could be; he gave this Receipt to Sir* Kenelm Digby.

Take flower of Sulphur, one part, fine Sugar, three parts; make this into Tablets or Lozenges, with Gum Tragant ſoaked in red Roſe-water into a Mucilage; make them round and flat, and about one dram a piece, Eat of theſe four or five times a day one at a time: doing thus, it gave him three or four ſtools a day; and in a little while he was perfectly cured of his Piles. *This hath cured many, both Men and Women.*

A Remedy for the Hemorhoids.

Boil a pint of Milk, and in the boiling ſlake it as often as it riſeth with Plantane-water; ſo continue doing till you have uſed a pint of Plantane-water in ſlaking the Milk; then take it off of the fire, and put thereto three ounces of *Mel roſatum*, Drink of this at pleaſure.

Another for the ſame.

Take the whites of two Eggs, and four ounces of freſh Butter out of the Churn, well-waſht, and one ounce of Safron; work theſe well together, and put frequently a little up into the

Fundament; and if the pain continue, add to the Compoſition, two handfuls of Nightſhade, which will make it much more effectual.

Another.

Make an Ointment with the Roots of Pile-wort ſtamped, and Mutton-ſuet ſhred; boil them together over a ſoft fire; then ſtrain it and uſe it.

Another Remedy for the Hæmorhoids.

Take the third part of a pint of Milk, and as much Smiths water out of the Forge, wherein quench Gads of Steel many times; then put into it two ounces of the Juice of Clary, and ſo give it for a Cliſter lookwarm.

Another for the ſame.

Take the fat of an Eel and the Yolk of an Egg, of each one ſpoonful, beat them together: In this roul a Lint, ſo as to make it take up as much as you can, and put it into the Fundament, and lay alſo a Pledget covered with the like Ointment upon the outward ſwelling; and this will give ſome eaſe preſently. Change your Tents and Pledgets as they grow dry and hot; and in a ſmall time the Veins will be open & run, and it will be well. *The fat of Eel is made by boiling Eels in water, and skimming off the fat: or if you roſt an Eell, take the fat that dripped from it; or you may bake it as when you prepare the Oil for deafneſs*

CHAP.

CHAP. XX.

Select Remedies for all ſorts of FLUXES *and* LOOSNESs.

A certain and often approved Remedy for all ſorts of Fluxes or Looſneſs, old Hepatical, and bloody Fluxes.

TAke filings of Steel, (which you may buy of the Needle-makers) four ounces; put them in a well-glaſſed Pipkin, and pour thereon a quart of deep red Wine, (that which is uſed to colour white Wine) let it boil until about three parts of Wine is conſumed, ſtirring it often; then ſtrain it while it is hot: give of this two or three ſpoonfuls in warm Broth or Ale in the Morning faſting for ſome time together.

This I have often approved with happy ſucceſs even in a bloudy Flux.

Another for the ſame.

Take a pint of Claret-wine, and put into it two penny-worth of Cinamon and as many Cloves; boil this gently cloſe covered till half be conſumed; then make a Toaſt or two of light Bread, and cover them with Sugar; then ſtrain the Wine upon them: eat them for Dinner, and the like for your Supper, eating no other ſuſtenance that day. It uſes to cure in a day.

Another for the ſame.

Take of the outward Bark of an old Oak, (the rough part a little ſcraped off) two ounces; Canamon, one ounce; two ſound Nutmegs ſliced thid; eighteen black Pepper-Corns, and as many Cloves; bruiſe them all, and boil them in two quarts of New Milk until a pint be conſumed; then ſtrain and divide it into four parts. Take one of theſe as hot as you can drink it early in the Morning, and another about ten a Clock, and another at four in the Afternoon, and the fourth at Night when you go to Bed, and make freſh every day. The firſt draught will take away the pain and griping, and then afterwards it is not neceſſary to take it ſo very hot: It doth not bind it ſuddenly, but ſmootheth and healeth the Guts, and ſtrengthens the Stomach, and if the Patient have loſt his Appetite ſo that he can eat nothing, as uſually hapneth in great Fluxes;

Fluxes: this Milk giveth him ſufficient nouriſh meat.

An excellent Cliſter to cure any Flux or Looſneſs.

Take a handful of Barley-meal, with all the Bran in it; or take a good handful of Barley and beat in a Mortar to a fine powder; Wheat Bran and dried Roſes, of each one handful; boil theſe gently in a glaſſed Pipkin, covered in three pints of water for three quarters of an hour; then ſtrain it through a Linnen Cloth, and preſs it hard to get out all the thick and ſlimy ſubſtance of it. This is enough for two Cliſters when carefully done. Take half of it and put into it the yolk of two Eggs, and one ounce of Mulroſat; and give it duly warm. He may keep it three or four hours without trouble, becauſe the quantity is leſs than of an ordinary Cliſter, and that it is of a Balſamick and comforting quality to the excoriated Guts. *It is an excellent Remedy to any ſharp tormenting Flux, when the Guts are enflamed, excoriated and ulcerated, either through ordinary cauſes, (as by eating Fruit, or the like) or by taking Mercury to flux one by Salivation, you will preſently find eaſe at the firſt taking it; but it is well to repeat it once or twice a day.*

Dr. Butler's *Remedy for a Flux.*

Take the Root of Holly-oak, Elder-tree-Roots and Plantane-Roots, of each a like quantity;

cut them ſmall, aud boil them in red Wine or Ale; Drink thereof as often as you pleaſe and need requires: If it be diſtaſtful ſweeten it with Loaf-Sugar.

A Remedy to cure the Bloody-Flux, and heal the Ulcers in the Guts cauſed thereby.

Take the inner Rinds of a ſupling Oak, of about twenty years growth, two handfuls; cut them into ſmall pieces, and boil them in a quart of Milk; when it is ready to run over ſhake it with cold water, and ſo boil it, and ſhake it five or ſix times; let the Patient Drink half a Pint at a time, adding a little Pepper groſly beaten; boil alſo of the ſame Bark in water with a little Cinamon; and drink thereof at Meals beſides the other.

To cure a Bloody-Flux, bloody Urine, or ſpitting of Blood.

Take Shepherds-pouch and Plantane, of each a like quantity; ſtamp them, and boil them in Spring or Conduit-water; mixt with the diſtilled water of red Nettles, add thereto a little fine Sugar; aud drink it every Morning and Evening.

CHAP.

CHAP. XXI.

Select Remedies for the JAUNDIES.

Dr. Farrar, *his excellent and often approved Remedy for the Jaundies, of any kind black or yellow.*

Take eight ounces of choſen Currans well waſhed, and picked from all the little ſtalks; put to them one ounce of choice Rhubarb in fine powder; beat them together in a mortar ſeaven or eight hours. Take of this every morning faſting, and at Night about the quantity of a ſmall Walnut.

It purifieth the Blood, and ſtrengthens the Liver wonderfully, and if continued, carrieth away the peccant humours of the Body.

This is a ſovereign Remedy for a Flux or Loſſneſs as well as for the Jaundies. I my ſelf had once a great Flux for a Fortnight; and Sir Kenelm *ordered this Remedy for me, and it perfectly cured.*

An-

Another approved Remedy for the yellow Jaundies.

Take Gooſe-Dung gathered in the Spring-time, and drye it in the Sun, and Sugarcandy, of each one ounce; pulverize them and give it from one dram to two in white Wine. It perfectly cures it at three or four times taking.

Another approved Remedy for the ſame.

Take Hemp-ſeeds, bruiſe them and boil them in milk; then ſtrain it, and drink thereof warm two or three times a day. This cured a great Lady.

Another approved Remedy for the yellow Jaundies.

Take Celandine (the whole Plant) one handful; Leaves and Flowers of Hypericon, of each half a handful; Roots of Hog-fennel, the inner Bark of Elder, of each three drams; boil them in Rheniſh Wine and water of Hartstongue, of each one pint; then ſtrain it and put into the ſtrained Liquor powder of Gooſe-dung and Safron, of each three drams tied up in a Rag, ſweeten it with Sugar.

It perfectly cures the Jaundies at thrice taking divide the whole quantity into three Doſes, and take them for three Mornings together.

Another Remedy for the yellow Jaundies, that when ſome have been entring into the black, have been cured by it.

Take Jean Treackle, two ounces; powder of Tu-

Turmerick, one ounce; Safron, one dram; a Nutmeg grated, and as much Honey as will ſweeten it: work it into an Electuary, which put up into a Gally-pot, and take of it the quantity of a Nutmeg three or four times a day.

CHAP. XXII.

Select Remedies againſt Ruptures.

To make an Excellent Ptiſan for a Rupture; the Uſe whereof cured a great Lady of a great Rupture in a Fortnights time, and likewiſe many others.

TAke *Solomon*'s Seal, Agrimony, Milt-waſt, Maidenhair, Roots of Strawberries, of each a handful; pick and waſh them, then ſhred them; and ſtamp them in a Stone-Mortar; and boil them in two quarts of white Wine; but let the Veſſel be cloſe ſtopp'd that nothing may expire; then ſtrain it out, and preſs it hard; Drink of this Liquor a good Glaſs-ful in the Morning faſting; and an hour after, drink another; and continue this, taking two Glaſs-ful every Morning till you are cured.

An

An infallible and often approved Remedy for a Wind-Rupture.

Take freſh Cows-dung, heat it in a Pot or Pan, then ſpread it thick upon Leather, as a Cataplaſm, and ſtrew upon it ſome Commin-ſeeds bruiſed; then apply it to the Rupture as hot as may be endured; when it groweth cold, put on a new one: Continue this for two days.

This hath Cured ſeveral Children of a Wind-Rupture. It is a Sovereign Remedy in that Caſe. The Child muſt lie upon the Back.

Another Plaiſter for the ſame.

Take Polipode of the Oak, and Elecampane, beat them ſmall in a Mortar; then temper them with Oyl of Bays, and lay it under the Truſs, changing it every Morning; Continue it for a Month.

Another Remedy for a Rupture.

Make Potage with Mutton, and boil in it Plantane and Daizy-Leaves and Roots, Sanicle, Scabious, and Polipode, of each a handful, two Leaves of Comfry; eat thereof for two or three days; and in the Moruing faſting, and at Night when you go to Bed, drink Poſſet made with Ale; and boil ſome of the ſaid Herbs in it; then ſtrain it, and mix the Herbs with a double quantity of Sanicle, ſtamp them, and ſtew them with Sheeps Suet, and apply it under the Truſs; when you have drank the Poſſet, lie on your Back an hour at leaſt.

CHAP.

CHAP. XXIII.

Select Remedies for Tetters *and* Ring-worms.

An Ointment to Cure a Tetter or Ring-worm.

TAke Lytharge of Gold in very fine Powder, half a pound, Wine-Vinegar, five ounces, Oil of Roſes one pound; grind the Lytharge in a Mortar, putting to it by turns, ſometimes Oyl, ſometimes Vinegar, till by a continual grinding and ſtirring, the Vinegar doth no more appear, and that it comes to a whitiſh Ointment.

It is good againſt Inflammations, Burnings, and Scaldings, it is cooling, drying and anodine; it dries, skins and healeth Sores and Ulcers, cures Scavs,

Scabs, Tetters, Ring-worms, and other Deformities, and Diſcolouring of the Skin.

Another Approved Remedy for a Tetter or Ring-worm.

Take Boars-greaſe four ounces, Quick-Silver mortified, and Verdigreece, of each an ounce; Camphire one dram, Black Sope and Muſtard, of each one Spoonful; Juice of the Leaves of Walnuts, three or four Spoonfuls; grind this all together in a Stone Mortar, or on a Painters Stone; then put it in a Gallipot: Anoint the Tetters or Ring-worms with it Morning and Evening until it kills and heals them.

This is an abſolute Remedy, which hath Cured many.

Another Remedy for Tetters and Ring-worms, Itch, and Scabs, &c.

Take Water of ſharp-pointed Dock four ounces, Borax three drams, common Salt, one dram; Vinegar of Squils one ounce; mix them together.

It is excellent againſt all manner of Scabs, Itch, Ulcers. Tetters and Ring-worms, Morphew, and other Deformities of the Skin.

To

To take away Warts and Corns.

Take Sal Armoniack, Roman Vitriol, and Verdigreece, of each two ounces, Allum one ounce, Calx vive half an ounce; diſtil them in a Glaſs Alembeck, the Flegm comes firſt; which caſt away; the Spirit follows, which reſerve for Uſe.

It takes away Warts and Corns by often touching them.

To take away Warts from any part of the Body.

Anoint them with Oyl of Sulphur two or three times a day, and they will fall off.

Another.

Take a few Snails, put them in a Glaſs with a little Salt, and in two or three days there will be a Liquor; with which anoint the Warts, and they will wear away.

Another for the ſame.

Take the green Leaves of Marigolds, maſh them as ſmall as green Sauce; then rub the Warts with it, and ſqueeze ſome of the Juice upon them.

For

For Corns in the Feet.

Take a little Copperas, and as much Bay Salt, and the quantity of them both of white Wine; boil them till they are diſſolved, then wet therein a little black wool, or a Linnen Rag, and bath the Corns therewith every Morning; then put to them a Plaiſter of Diapalma, and in a ſhort time they will wear all away.

Another for the ſame

Take Galbanum two drams, ſteep it in Wine Vinegar until it is as ſoft as Salve; apply it to the Corns, being firſt cloſe pared until they wear away, which will be in a ſhort time; you may anoint them with it, and then lay a Plaiſter of Diapalma upon it.

Another.

TakeOperment- Allum and Vitriol, of each two drams; reduce them to a fine Powder; then temper it with Honey to an Ointment, and anoint the Corns therewith, being firſt pared, and lay a Plaiſter of Diapalma over them, and they will wear away in a ſhort time.

CHAP.

CHAP. XXIV.

Select BALSOMS *and* OYNTMENTS.

The true and genuine Deſcription of Lucatello's *Balſome, according to Sir* Kenelm Digby's *Receipt, as he cauſed it to be prepared for his own Uſe.*

TAke three pints of the beſt Sallet Oyl, which waſh firſt with good Claret wine, then waſh and beat one pound of the beſt *Venice*-Turpentine in ſeveral white-Roſe-waters, till it be very white and Liquid; likewiſe ſcrape or ſhave very thin half a pound of the beſt and pureſt yellow Bees Wax, and take ſix ſpoonful of pure right Canary, and put the Wax and Sack into a good ſound new glazed Pipkin of four quarts, and put it on a Trevit, over a gentle Charcole Fire; when the Wax is melted,

take it from the Fire, and put into it the Turpentine by degrees, ſtill ſtirring it very well; then put in the Sallet Oyl, and ſtir it all very well together for a pretty while; then ſet it on the Fire again, and let it boil very gently, ſtirring it carefully all the while: when you perceive all to be perfectly united together, take it from the Fire, and ſet it by to cool for one Night; the next Morning take a big Stick or Bedſtaff very clean, and put it through the Matter in the Pipkin till it touch the bottom, and ſet it on one ſide, that all the extraneous Moiſture may run out, and drain very clean: after all which is entirely drained out, ſet the Pipkin on the Fire again, and when the Matter is very well melted, ſtrew into it by degrees with your Finger one ounce of pure good red Saunders, reduced (by it ſelf without any mixture) with beating and ſearcing in the fineſt Searce, into the ſubtileſt Powder that poſſibly can be: Then take the Pipkin from the Fire, and ſtir it exceedingly for at leaſt a quarter of an hour, that the Saunders may be perfectly mixed and incorporated with the reſt of the Unguent, and then ſet it on the Fire again to boil very gently, till it become into the perfect ſtate and conſiſtence of an Unguent, ſtirring it very carefully all the while. When it is ſo, take it from the Fire, and add to it one ounce of pure good natural liquid Balſom, and one ounce of the beſt Oyl of Hypericon, or St. John's Wort, and ſtir all exceeding well together for a long time,

time, till it be perfectly cold, and of a firm Conſiſtence; then put it into well glazed earthen pots, faſt tied with Papers and Bladders, and Leaden Covers over them, made in manner of a Pipkin-Cover to ſhut upon them like a Box-lid, and ſet them hollow in the ground a yard deep from the top of the Pots (if the place will allow them to remain dry ſo low, which muſt be conſidered) and arched round about, and over them with ſticks ſtrong enough to bear the weight of the Earth, and keep it from falling cloſe about them; and then cover the Vault very well with the Earth you digged out, that the Vapour and Steam which riſeth from the Earth below, may not breath out, but circulate about the Pots, ſo to make them ferment and homogeneate, and ſo let remain the ſpace of two Months.

The Vertues of the ſaid Balſom.

It cureth any Wound, if it be very deep, by Syringing, and Tenting with Lint dipped therein, and Anointing the Parts about; if not very deep, by only anointing and applying it with Lint; it will aſſwage the Pain, and preſerve from Inflammation, it draweth out broken Bones, Splinters or Thorns, or any thing that may putrifie or feſter, and helpeth very ſpeedily in any part of the Body whatever, preſuppoſing that the Vitals be not touched; it cureth Ulcers in the Body, being diſſolved in ſix ſpoonfuls of good Sack, the quantity of a good Nutmeg, (or

in Milk) and taken down warm, or any inward Bruiſe cauſed by a fall or otherwiſe, or any Stitch, being taken in Sack as aforeſaid. One of Sir Kenelm's *Servants was troubled with a ſore Pain and Stitch, extending from his right Pap to his Back-bone, and the parts round about, which this Balſom, made according to Sir* Kenelm's *own Receipt, and taken in Sack as aforeſaid, quitted him clearly of, the firſt, ſecond, and third time, although the third time he was much diſtempered with an Ague and Fever, which he grew well of in a ſhort time after, and imputed the Cure to the Balſom and Sack: It is alſo excellent good ſo taken, againſt a Conſumption. It alſo healeth outward Bruiſes, anointing the grieved part therewith, and keeping it warm after anointing. It healeth a Fiſtula or Ulcer, though never ſo deep, in any part of the Body, by anointing warm, and applying to it a Plaiſter thereof; as alſo Cuts, Burns, Scalds, anointing and applying it with Lint, it helpeth Ach in the Bones or Sinews, the parts being kept warm after anointing; it eaſeth the Head-Ach, by anointing the Temples and Noſtrils; it very much availeth for Digeſtion, anointing the Stomack and Navil therewith very warm going to Bed: It is good to prevent Infection in the time of Peſtilence, anointing the Lips and Noſtrils therewith before going abroad in the Morning, it will ſecure you that day, taking alſo ſome two Drams in Plague-water. Laſtly, it mitigates the Sharpneſs of Urine, and cureth any venomous Biting or Stinging.*

An

An Excellent green Balſom or Oyl for green wounds, Bruiſes, Strains, or Wrenches; called the Counteſs of Cheſterfield's *green Balſom Oyl.*

TAke a quart of the beſt old white Wine three pints of the beſt Oyl Olive, mingle them together, then put into them theſe Herbs following, being firſt bruiſed; half a pound of the Flowers and Leaves of St. Iohn's Wort, *Cardnus Benedictus*, Sage and Valerian, of each a pound; let them infuſe therein four and twenty hours; then ſet the Pot or Glaſs they are in, into a Kettle of Water, with ſtore of Straw in the bottom to ſecure the Glaſs from breaking, and ſo let it boil in the Kettle with a moderate heat till the Wine is quite conſumed, which will be in four or five hours, ſometimes ſtirring it, and have in readineſs warm Water, to ſupply it as it boileth away; The Counteſs did boil it in a well Leaded Pipkin, on a gentle Charcole Fire; having boiled it very well, ſtrain it through a ſtrong Canvas Cloth, and ſet it on the Fire again, and add unto it a pound and half of the beſt *Venice Turpentine*, and boil it again the ſpace of a quarter of an hour; which done, put more into it of theſe Gums following, *Olibanum*, in ſubtil powder, five ounces, Powder of Myrrh, three ounces, Dragons Blood, one ounce, and ſo let them boil all together with a ſober Fire a quarter of an hour, and then take it from the Fire, and put it up in a great Glaſs when it is

cold, and every Morning a little before Sun-riſing; ſet it in ſome convenient place without doors, where it may have the greateſt heat of the Sun, and take it in at night; thus do for the ſpace of ten days together, if the Weather permit; pricking the Paper that covereth the Glaſs full of Holes all the while it ſtandeth in the Sun, to prevent the breaking of it.

When you have Uſe of this Balſom for a green Wound, warm ſome of it in a Saucer, and with a clean Feather anoint and wet the Wound very well with it, as hot as the Party can ſuffer it; then wet as much Lint as will fill the Wound, in the warm Balſom, and lay it in the wound; then take a fine Cloth, and wet alſo in the Balſom, and lay upon the Lint, and thereon a piece of Bladder well rubbed; dreſs it twice the firſt day, that ſo it may the better ſoak out the Blood; but afterward once in four and twenty hours.

The Uſe of the ſame for a Bruiſe or Wrench.

Set ſome in a Saucer before the Fire, but not on Coals, and when it is warm, wet your Fingers in it, and gently rub and chafe in the Oyl where the Bruiſe is, before the Fire an hour together; then wipe your hands on a fine Linnen Cloth, and bind up the pained place with the Cloth upon it; dreſs it thus twice a day, and in four or five days, with God's Help it will be perfectly well.

The

The Lady Barington's *Rare Balſom for the Palſie, Apoplexies, and weak Sinews, or old Strains,* &c.

Take two quarts of very ſtrong *Aqua-vitæ*, or Spirit of Sack; infuſe in it one pound of Imperatory, Sarſaparilla, and Caſtorum, of each half an ounce, bruiſe all theſe a little, and add to them two handful of ordinary Lavender Flowers, and Sage-flowers, of each one handful; ſteep theſe Ingredients in an earthen Pitcher that is well glazed on the Inſide; ſo ſtop it with a Cork and a Bladder very cloſe, and keep it in a Chimney Corner, where there is a conſtant fire kept, for the ſpace of four days and nights, ſetting the Pot often on warm Embers, ſhake the Veſſel twice or thrice a day all the time; then take nine drams of Camphire diſſolved in half a pint of the ſtrongeſt Spirit of Wine; when the time of Infuſion is expired, put the Veſſel in a cool Cellar to ſettle the Spirits, and when you feel the Pitcher well cooled, then open it, and ſtir into it the diſſolved Camphire and Spirit of Wine; then paſs it two or three times through an Hypocras-bag, ſo keep it in Glaſſes very cloſe ſtopped. This Balſom is always to be uſed cold, the Spirits are ſo quick, that it will vapour all away: When you uſe it, put ſome of it into a Spoon, and rub it in till it be dry; for the Palſie rub the Mould of the Head, and Nape of the Neck; it is good for all parts where there is any Contraction of the Sinews,

or debility of the Nerves; for the Gout or any Crick, or Aches, rubbing the Places; it is very good for any Diſtemper that proceeds from Cold, and alſo for the Head-Ach, rubbing the Temples: This Balſom muſt be always cloſe ſtopp'd, and kept in a cool place, and that it may be ſeldom opened, take in little Glaſſes for your daily Uſe: it muſt be uſed Night and Morning, rubbing it well into the place.

For the Dead Palſie.

Sir *Kenelm Digby* relates, That Madam *de Monpeſſon* told him, that a certain, and by her often approved Remedy for the Dead Palſie, is this:

Shred Onions ſmall (the white are beſt) and and put them into an earthen pot or pan (uncovered, or but ſlightly, to keep out the duſt) and ſet it in an Oven moderately hot, to bake, ſtirring the Onions ſometimes: let them bake till they are become Pap; make a thick Cataplaſm of this, and lay it upon the benummed part; change it every twenty four hours, and continue it till you are well. If it be an univerſal Paraliſie, you muſt uſe the Cataplaſm all over.

An

An Ointment for the Palſie.

Take Sage, Rue, Savin, Lavender, Sothernwood, Roſemary, Laurel, Mullin, Primroſe, Cowſlips, Betony, Avens, Watercreſſes, Mallows, the Leaves and Berries of Ivy and red Nettles, of each a handful, ſtamp them all, and ſtrain them, and mix the Juice with red Wine; let it ſtand ſix or ſeven days; then boil it, and add boars Greaſe, Cats Greaſe, Fox Greaſe, Caſtor; when they are well boil'd, ſtrain it through a Canvas into a Baſon, and add Wax and Roſin.

An Ointment for the dead Palſie.

Take two pound of freſh Butter, melt and ſcum it clean, then take red Sage, Dill, Bayleaves, Roſemary, Thyme, Coſtmary, Tanſie, Lavender leaves, Winter-Savory, Maudlin, Penniroyal, Speremint, Camomil, Lavender-Cotton, of each a quarter of a handful; then take two handful of Angeltouches, waſh them clean, and dry them in a Napkin; then ſhred them all very ſmall, then warm the Butter, and ſtrew all into it, ſtirring it over a ſoft fire till it comes to a green Ointment; then ſtrain it, and let it ſtand till it is cold.

It muſt be made in May.

The

The true Balſom, or the Oil of St. John's *Wort.*

Take Tops and Flowers of St. *John's* Wort when they are near ripe, two pound; ſtamp them in a Stone-Mortar, and put them into a ſtone Jugg, and powr upon them Oil Olive four pound, good ſtrong wine, half a pint; ſtop it cloſe, and ſet it in warm water for twenty four hours, or in a Sand-Furnace; then put it into a Kettle of water, and let the water boil, ſtirring the Ingredients ſometimes with a wooden Spatula; then ſtrain it, and preſs it out ſtrongly; then take the ſame quantity of the Tops and Flowers of St. *John's* Wort, and put them into the Pitcher, and powr the ſtrained Oil upon them; let it digeſt as before; then ſet it in boiling water as before; then ſtrain and pour it out; repeat a third time with new Tops of St. *John's* Wort; then ſtrain and preſs it hard, and keep the Oil for uſe.

Then to make this Oil more efficacious, having ſeparated it from the Fæces and Moiſture, ſet it over a gentle Fire, and put into it 2 pound of *Venice*-Turpentine, and ſtir and incorporate them well together; then take it from the Fire, and mix with it three ounces of Tincture of Saffron, ſtir them well together, and keep the Oil for Uſe.

This Oil thus prepared is an effectual Balſom, it warms, attenuates, diſſipates and dries; and therefore is very proper againſt all Pains, Aches, and

and Numneſs proceeding from Cold; particularly againſt all ſorts of Infirmities and Weakneſs in the Joynts, the Sciatica, and all ſorts of Gouts; it caſes the pain of the Teeth: It is an excellent thing to heal all ſorts of Wounds, together with thoſe of the Nerves; for it glutinates and cicatriſes, it extends ſhrunk Sinews, and ſtrengthens them; it is good for Burnings and Scaldings, it is good againſt Convulſions, being given inwardly.

This Balſom is alſo mixed in vulnerary Injections, in Digeſtives, in Cataplaſmes, and in the Compoſition of Lucutella's *Balſom made after Sir* K. Digby's *Receipt.*

Dr. Scroderus *his Balſom againſt the Plague.*

Take diſtilled Oils of Rue, of Citron, of Angelica, of each half a Scruple, Oil of Amber rectified, five drops, of Camphire three ounces, Oil of Nutmegs by expreſſion, half an ounce; mix them and make a Balſom.

It is an excellent Preſervative in time of Infection; anoint the Temples, Noſtrils, Stomach and Pulſes therewith; and take every Morning faſting the quantity of ſix or eight grains in a little Canary.

A moſt

A moſt Excellent Balſom to dry up all running and moiſt Sores, Iſſues, moiſt Scabs, old and running Ulcers, and is a moſt miraculous thing to cure ſcald Heads.

Take Amiantum four ounces, burnt Lead twelve ounces, Tutty prepared, two ounces; Calcine and Powder them; then ſteep them in Vinegar for ſome Months, ſtirring them once a Month; after boil it for a quarter of an hour, and let it ſtand till it is clear; then take of this clear Vinegar, Oil of Roſes, of each a like quantity; beat them together into a white Balſom.

Dr. Hartmannus *his approved Balſom, which cureth any green Wound or Cut in twenty four hours.*

Take Oil of St. *Johns* Wort, Oil of Earthworms, Turpentine and Maſtick, of each one ounce; mix and incorporate them over a gentle Fire; then put it up, and keep it for Uſe. Apply it warm with a little Lint.

To make a green Ointment ſuddenly for any Scalding or Burning.

Take freſh Cows-dung and Hogs-greaſe, of each equal parts, mix and incorporate them well together over a gentle Fire.

An

An Ointment to break and open all Impoſtumes, Biles, and Plague-Sores.

Take Oil of Olive two pound, white and yellow Wax, Rams Fat near the Kidneys, pure Roſin, black Pitch and *Venice*-Turpentine, of each half a pound, choice Maſtick in fine powder two ounces; mix them, and make an Ointment according to Art.

This Ointment is very effectual to break all ſorts of Apoſtemes, as alſo Peſtilential Carbuncles and Venereal Buboes. The Conſiſtence of this Ointment is harder than of other Ointments. It is to be uſed from the firſt breaking of the Apoſteme, till the Cure be perfect.

An Approved Ointment for the Itch, by Dr. Scroderus.

Take Litharge and white Lead, of each half an ounce, Vinegar half an ounce, Oil of Roſes four ounces, Sulphur vive ſix drams, Salt three drams, Turpentine half an ounce, freſh Butter three ounces; mix them and make them an Ointment. Anoint with it Morning and Evening, and it will kill the Itch in about a weeks time.

An

An approved Ointment for cold or hot ſwelling Humors: It is a ſingular Remedy.

Take *Unguentum de Althæa*, and anoint the place ſwelled with it, warm for hot Humors, and lay ſome ſpred on a Cloth, to the Swelling, renewing it twice a day.

If it be a cold ſwelling Humor, then take an ounce of *Unguentum de Althea*, and Oil of Peter half an ounce; mingle them well together, and anoint the place with it, and apply ſome on a Cloth or Paper.

A moſt Sovereign Green Ointment which cureth all Strains, Bruiſes, and Swellings, Aches, Kibes, Cuts, Cramps, Scaldings, and Burnings, and all outward Griefs. It eaſes the Sciatica, and all Swellings in the Face and Throat, yea though they look red, and have an Ague in them.

Take young Bay-berries, and Wormwood, of each half a pound, red Sage and Rue of each a pound; gather them in the heat of the day, and pick them, but waſh them not; ſtamp them to a Maſh in a Mortar, then take freſh Suet pick'd and ſhred, four pound; beat them well together till they are well incorporated; then put to them two quarts of good Oil, work it well together with your hands, till it be all of one colour and ſoftneſs; then put it into an earthen Pan, and let it ſtand cloſe covered in a cold

place

place for eight days; then boil it gently for ſeven or eight hours, ſtirring it very well all that while; and when it hath boiled about four or five hours, put in four ounces of Oil of Spike; you ſhall know when it is boil'd enough, by taking a drop thereof in a clean Sawcer, if it appear of a ſad green, let it ſtill boil till it look of a fair green; then ſtrain it, and keep it cloſe in a Gallipot; it will keep it ſeven or eight years.

A moſt Excellent Oyntment much approved, for Tetters and Ring-worms, Itch and Scabs, Itching and Wateriſh Humors, and all other Maladies and Infirmities of the Skin.

Take Litarge of Gold in very fine Powder, two ounces, Vinegar four ounces, Oil of Roſes, half a pint, grind the Litarge in a Mortar, powring to it ſometimes Vinegar, and ſometimes Oil; ſtir it continually till the Vinegar do no more appear, and that it come to a whitiſh Oyntment.

This Oyntment cured a man who had a very Malignant Tetter all over the back-ſid of his Hand for many years, he had tried many Remedies in vain, but at laſt getting the Receipt of this Oyntment, he preſently made it, and it perfectly Cured him in a ſhort time, as he related to me himſelf.

CHAP.

CHAP. XXV.

Select PLAISTERS *and* CERECLOTHES.

A most Excellent Plaister call'd the Emperor's *Plaister.*

TAke red Roses dried one ounce and half, Bistort roots, Cypress-Nuts, all the Saunders, Mint, Coriander seeds, of each three drams, Mastick half an ounce, Hipocystis; Acacia, Dragons Blood, sealed Earth, fine Bole, red Coral, of each two drams, Turpentine washed in Plantane water, four ounces, Oil of Roses three ounces, white Wax a pound, Pine Rosin, Juices of Plantane, Housleek, Orpin, of each an ounce; the Wax, Rosin and Pitch being melted,

melted, put to them the Turpentine and Oyl; then the *Hipocyſtis* and *Acatia* diſſolved in the ſaid Juices; and laſtly, the Powders, to make an Emplaſter according to Art.

It is much recommended to heal, ſtrengthen, cool, dry and bind; being applied to the Crown of the Head ſhaved, it is good againſt a Conſumption, ſtops the Rheum that falls upon the Lungs; applyed to the Back, it ſtrengthens it much, and removes Pains thence; applied to the Belly, it is ſaid to ſtop a Looſneſs; it is alſo very good to ſtrengthen weak and luxative Joints, and confirm feeble Limbs.

An admirable Plaiſter deviſed and prepared for the Uſe of the late Arch-Duke Leopoldus *in* Flanders.

Take white Virgin-Wax one pound, *Emplaſtrum gratia Dei* two ounces, *Diapalma* an ounce, *Diacolon* and *Corimbum* of each two ounces, powder of Orrice roots one ounce, Mercury precipitate half an ounce, Cinnabre in fine powder, one ounce, Storax diſſolved in Spirit of Wine, and ſtrained one ounce, Musk three grains; ſlice the Wax and Plaiſters thin, and melt them in a glazed Pipkin, ſtir them well together continually, till they are all diſſolved; then put in the Cinabre and Precipitate, and after the Storax and Orrice, ſtirring them continually; then put in the Musk diſſolved in a little Roſe-water; and laſt of all put in four ounces of Spirit of Wine by little and little; for it will make the Com-

poſition to riſe very high, and if it boil over, that the Fire take hold of it, it will be ſpoiled, and you cannot quench it.

The Experimented Vertues of this Plaiſter, are as followeth,

1. *It eaſes the Pain of the Head, being applied to the Forehead and Temples.*
2. *It heals all Bruiſes and Swellings, all Cuts, Wounds, Sores and Ulcers.*
3. *It cures the Tooth-Ach, being applied to the Cheeks and Temples.*
4. *It diſſolves any Swellings or Tumors about the Eyes or Throat, proceeding from cold Cauſes, as Squinſies, and the like.*

It is a moſt excellent Application for an Iſſue; and to that end it was prepared for the ſaid Arch-Duke Leopoldus.

The Lady Howlands *Excellent Cere-cloth, by her much approved, for any Bruiſe, Ach, or little Gout, to ſtanch the Blood and heal any Wound,*

Take red Lead one pound, put it into a pint of Sallet Oyl, boil them gently on Embers, ſtirring them well until it grows ſomewhat thick; then drop a little upon a Plate, and if it ſtick faſt, it is enough; then remove it from the Fire, and put in half a pound of yellow Wax ſliced, and four ounces of Roſin, ſet it on the Fire again, but let it not boil; dip in ſome linnen

nen Cloths for Cere-cloths, whilſt it ſtands on the Fire, and hold them before the Fire to run off as long as as any will run, letting it run upon ſome thing to ſave what runs off; and when they are cold, lay them up. You may make ſome of the Compoſition up in Rolls for Salve.

An Admirable Cere-cloth for a ſore Breaſt, Impoſtum, Fellon, Green and Old Wounds.

Take of the beſt Virgin-Wax half a pound, Oyl of Olive, and Oyl of Roſes, of each half a pound; melt them well together, and let it cool, then add half a pound of white Lead in fine Powder, and ſet it over the Fire again, and let it boil half an hour, then add Myrrh, Maſtick and Frankincenſe, of each two ounces, all in fine Powder, and let it boil half an hour longer; laſtly, put in half an ounce of Camphir, and keep it ſtirring continually all the while. Dip Cloaths therein for Cere-cloaths, and make the reſt into Rolls for Uſe.

A moſt Excellent Cere-cloth for Ruptures and Burſtenneſs.

Take Powder of Maſtick, Mummy, Frankincenſe, yellow Amber, Gum Arabick and Tragacant, Aloes, Balauſtians and Roſes, of each half an ounce, Dragons Blood, fine Bolearmony, Bloodſtone, of each ſix drams, Oyl of Roſes three ounces, Oyls of Myrtle and Maſtick, of

each two drams, with Wax and Roſin, as much as will ſuffice; make a Cere-cloth, and dip Linnen Cloaths therein.

This is a moſt Excellent thing to cure Ruptures, as the dexterous Volkerus Friſius *hath often proved: It alſo ſtrengthens weak Limbs; apply it under the Truſs.*

The Deſcription of that Famous Plaiſter called Manus Dei, The plaiſter of God's Hand, *which is ſo famous in* France, *and hath been much uſed for a long time, ſo that many* Ladies *of Quality take the pains to make it, and diſtribute it to the Poor (as Monſieur* Charras *relates in his* Royal Diſpenſatory) *whom he adviſes to obſerve well the Directions here given for its Preparation.*

Take Common Oyl eight pound, Litharge of Gold finely powdred four pound, yellow Wax two pound, *Venice*-Turpentine one pound, Galbanum, Opoponax, Sagapen, Myrrh, Olibanum, Maſtick, of each eight ounces; Oyl of Lawrel, ſix ounces, *Lapis Calaminaris*, and Loadſtone, long and round Birthwort, of each four ounces.

Grind the *Lapis Calaminaris* and Loadſtone upon a Marble Stone, moiſtning it with Plantane water, and dry them: Beat together in a large Braſs Mortar the two Birthworts, and the Myrrh and Maſtick apart; ſift all the Powders together through a Silk Sieve; then put the Galbanum,

num, Ammoniac, Opoponax, and Sagapen, all well bruiſed, into an earthen glaz'd Pot, and diſſolve them over a gentle Fire, in about a quart of good Vinegar; ſtrain them hot through a ſtrong Cloth, and having well preſſed them, put that which remains in the Cloth into the Pot again, and powr upon it freſh Vinegar, and diſſolve it over the Fire as before; ſtrain and preſs it as before; then evaporate the ſuperfluous Vinegar over a gentle Fire by degrees, and boil the Gums till they are ſufficiently thick; then incorporate the Turpentine with them, and keep the Compoſition apart.

Then put the Litharge in fine Powder into a Copper or Braſs Pot tinn'd, and incorporate it cold with Oyl, ſtirring them continually with a large wooden Spatula; then add to them three pints of fair water, and boil them over a good Fire, ſtirring them without intermiſſion till it be of the Conſiſtence of a ſolid Emplaſter before you add the Wax; then melt the Wax in it; then take the Pot from the Fire, and ſtir it till it be ſomewhat cold; then add to it the Gums and Turpentine incorporated before, and then the Oyl of Laurel; and laſtly the Powders, and be ſure that all the Ingredients be well united and incorporated together.

This Plaiſter I made once at Paris *with a Phyſician. It is every day ſucceſſefully uſed for the Cure of all ſorts of Wounds and Ulcers, whether new or old, Contuſions, Tumors, Bruiſes and Swellings; it mollifies, digeſts, diſſolves, and brings to Suppu-*

ration ſuch Matters as require it; for it never ſuppurates thoſe which may be diſſipated by tranſpiration, or otherwiſe and when it hath ripened and drawn the Matters forth, it draws no more, but cleanſes, cicatrizes, conſolidates, and heals all together,

A Water which hath done ſuch wonderful Cures in all manner of Wounds, Swellings, Ulcers, Cankers, Tetters and Ringworms, Itch and Scabs, Fiſtulaes, &c.

Take Bolearmenick and white Vitriol, of each four ounces, Camphir one ounce; put the Camphir and Vitriol in a little Pot upon the Fire, and boil them together till they become thick; then ſtir them till they become hard; then let it cool, and powder it finely, and having powdred the Bolearmenick, mingle the Powders together, and keep them in a Bladder. Take a quart of fair Water, and let it boil; then take it off, and put into it a good ſpoonful and half of the ſaid Powder, put it into a Bottle, and ſhake it twice a day for a fortnight. If you deſire to have it ſtronger, Powder one ounce of Allom, and mingle it well with the Powder before you put it in; when you will uſe it, powr off the Clear, and make it hot, and bath the Sore with it as hot as may be endured, and lay double Cloaths over it dipped in the Water. Note, *That a large Oyſter-ſhell is ſaid to be beſt to heat it in, but by no means in any Metal.*

To

To dry up ſharp Humors with ones own Water, and to Cure Kibes and Coilblains.

Sir *K. Digby* relates, That a certain Lady had a Humor broke out at her Heel, which neither Phyſitians with Purgings and Diet-Drinks, nor Chirurgeons with Ointments could heal and dry up; it was heal'd in three or four Fomentations with her own Urine newly made, and ſome white Salt diſſolved in it, all warmed, and then with Linnens doubled foment the place by the Fire-ſide for a quarter of an hour; then bind on a clean dry Linnen, and compreſs to it; do thus Morning and at Night. *It cures all Kibes and Chilblains, even after they are broken; and if uſed before they are broken, it will prevent them.*

CHAP. XXVI.

Select PILLS.

Pills of Elixir Proprietatis, *as we prepared them by Sir* Kenelm Digby's *Order in his Elaboratory.*

TAke of the beſt Aloes Succotrina pulverized half a pound, Myrrh groſly powdered ſix ounces; Maſtick in Powder four ounces, Saffron two ounces; put them in bold Heads every one apart, and extract the Tincture according to Art; the Aloes and Saffron with common Brandy, but the Myrrh and Maſtick with good Spirit of Wine, often ſhaking them; then mix the Tinctures together, and in a Glaſs Cucurbite in *Balneo Mariæ* abſtract all the Spirit of Wine, till the Matter remain in the Conſiſtence of Honey; then powr it out into a white Baſon, and

in

in Sand evaporate it to the Consistence of a Mass of Pills.

They strengthen the Head, Stomach and Heart, hinder Putrefaction, cause a good Digestion and a good Appetite, cure the Scurvey, and are a good Pectoral. They are a good Preservative in Pestilential times, cleansing the Body of such Humors as might be apt to receive the Infection; and to that end Sir Kenelm *caused them chiefly to be prepared in the beginning of that great Sickness in* London *in the Year* 1665. *The Dose from one Scruple to half a Dram, to be taken at Night before or after Supper.*

Sir Kenelm Digby's *Excellent purging Pills for the Head, Stomach and Joynts, which he took usually himself.*

Take Aloes Succatrina, choice Scammony, and Pulp of Coloquintida in subtil Powder, of each an ounce; make them into a Mass for Pills with a sufficient quantity of Syrup of Stechados; the Dose is from one Scruple to half a dram, or two Scruples in the Morning.

They are a most Excellent Cephalick; they cleanse and strengthen the Head and Brain, quicken the Senses, clear the Eye-sight, expel Wind from the Stomach and Bowels, are excellent against the Scurvey and Dropsie, Jaundies, Obstructions of the Liver and Spleen.

For

Dr. Floyd's *Stomach-Pill, which he uſually took himſelf.*

Take of the aforeſaid Pill of Sir *Kenelm*'s, of *Pil. Aggregativæ*, of each two drams; *Hiera cum Agarico*, Stomack-Pills with Gums, of each half a dram; make them up into a Maſs with Syrup of Betony. Doſe is one Scruple, or half a Dram over Night, and two Scruples or one Dram in the Morning, taking a convenient time after them Broth or Poſſet-drink. *They are alſo very good for the Head.*

Dr. Dyes *his Excellent Pill, wherewith he cured himſelf of a Malignant Tetter as he relates in the following.*

Take *Extract. Rudii*, one ſcruple, *Mercurius dulcis* twenty four grains, Antimony diaphoretick, Salt of Wormwood and Tartar Vitriolate, of each half a Scruple, Oyl of Juniper-Berries, four drops; make theſe into Pills with *Venice*-Turpentine, and gild them.

I my ſelf having had a Tetter upon my left Heel, which with an Oyntment I healed, and made perfectly well in appearance; but the Cauſe remaining, the Effect ceaſed not, but it ſtill broke out again, and at laſt in ſuch extremity, that it was ſpred over both my Ankles, and upon my Inſtep, both ends within a fingers breadth were met quite round my Heel, and was grown ſo exceeding ſore and painful, as from the

the Heel upwards all along the Calf of my Leg, Ham, and all along the back part of my Hip, and hard Lumps and Knots, as if the Veins and Sinews had been crack'd; whereupon I betook my self to these Pills, doubling the quantities of the Compoſition of them; the former proportion being for ſix Pills to be taken two Mornings, three at a time, and formed it into twelve Pills for four Mornings; which I took in manner following, three the firſt Morning, and three the ſecond; the third Morning I omitted; the fourth Morning I took three more; the fifth I likewiſe omitted, and the ſixth Morning I took the three laſt Pills, in all twelve; which ſo clearly took away and corrected the Humor immediately, that I was never after troubled with the like in that Part, nor in any other, uſing withal ſome proper Oyntments to the Sore.

Pills for the Sciatica or any kind of Gout.

Take Aloes and Hermodactils, of each one dram, Diagridium half an ounce; reduce them to a very fine Powder, and make into Pills with Syrup of Roſes; Take every day one dram, for a Fortnight together.

Pills excellent for the Head and Stomack.

Take Aloes and Turbith, of each half an ounce, Pulp of Coloquint and Agarick, of each one dram, Scammony two drams, Maſtick and Bdellium, of each two drams, Ginger, Cinamon,

Cinamon, Aniſeeds, Leaves of Wormwood, of Mint, of each two drams; reduce all to a fine Powder, and make them into a Paſte for Pills with Oximel of Squills; put them in a Gallipot, and keep them for your Uſe. The Doſe is one dram for one that is eaſie to move, and a dram and a half for one that is hard to move.

Excellent Pectoral Pills for the Breaſt and Lungs.

Take Tears of Storax two drams, Juice of Spaniſh Liquoras one dram and a half, Tincture of Saffron four ſcruples, Labdanum, Olibanum, choice Myrrh, and Extract of Opium, of each a dram; Ambergeaſe a ſcruple, Syrup of Citron Peels, as much as ſuffices to make a Maſs for Pills.

Theſe Pills are excellent to ſtay Defluxions that fall upon the Lungs, and to aſſwage the violence of Coughs: The Doſe is from five or ſix, to eight or ten Grains at Night.

CHAP.

CHAP. XXVII.

Select PURGES.

A Purging Whey, by Dr. Jackſon.

TAke a Pottle of new Whey, boil in it Succory, Fennel and Parſley Roots, of each a handful, having firſt ſcrap'd, ſlit and taken out the Piths very clean, alſo one pugil of Damask Roſe Leaves, with ten or twelve Leaves of red Sage, and two or three Tops of Roſemary; boil it to a Quart, then beat two Whites of Eggs very well, and put into it remaining on the Fire, which will make a kind of Curd, that will riſe together with the aforeſaid Ingredients, skim all theſe off together very clean, then take a ſcruple or half a dram of Saffron in Powder, bind it in a fine clean Rag, and let it boil in the Whey a while, then ſqueeze it out by degrees, till

till the Saffron is all infused in the Whey; then strain it, and put it into a Glass or Earthen Pot.

This is to be drunk at three equal Draughts, an hour between each Draught, continually walking all the time, and drunk cold; it must be made over night, and drunk every Morning ten days together, fasting five hours after it.

Take Borage flower, or Bugloss flower water six ounces, sweeten it with fine Loaf Sugar, or rather with Conserve of Violets; one ounce of this is enough to drink each Morning cold, whilst the Body is costive, and eat Barly Growel.

Another Purging Whey.

Take fresh ripe Rose Leaves, the Whites cut off two ounces, Rhubarb sliced, two drams and a half, Indian Spick one dram and a half; bruise them and infuse them in half a pint of Whey over Night, the next Morning strain it, and drink it.

It is an exceeding good cooling Purge; it cleanses the Blood, and purges Cooler, and takes away Salt and sharp Humors, and operates without Disturbance or Molestation.

Another purging Infusion of Whey.

Take Flowers of Borage, Bugloss, Fumitory, Epithimum, of each half a handful, Polipode of the Oak six drams, Fennel seeds two drams, Sena a dram and a half; shred the Herbs,

Herbs, and bruiſe the Seeds, and infuſe them in three Pints of Whey, ſet the Veſſel in warm water to digeſt two days; then ſtrain it, and add two ounces of Honey of Roſes; and take thereof from three ounces to ſix ounces.

It temperates and expells aduſt Humors, abates the Heat of Fevers, and cleanſes the Skin from Scabs and Heat.

Monſieur Boucaud *his Purging Infuſion, which purges univerſally all Humors, and is very good to Purge and Prepare the Body before one enters into a Diet-Drink, or at any other time.*

Take Succory one handful, French Barley one Spoonful; boil them together in a pint of fair water to half a pint; then ſtrain it, and let it cool well; then put into it Sena two drams, Rhubarb one dram, Agarick half a dram; let them infuſe twenty four hours; the next Morning ſtrain it without preſſing it, and put into it half an ounce of Syrup of Limon, and one ounce of Syrup of Violets.

The ſaid Mr. B. *took this uſually himſelf, and found it operate well and pleaſantly without diſturbance; it is a very good Purge both for men and women; it is good to cleanſe a Woman after her lying in; you may diminiſh the Doſe as you ſee occaſion.*

A Purging Powder good againſt the Sciatica or Hip-Gout,

Take Seeds of Dwarf-Elder, Turbith, Hermodactils, Sena, and white Tartar, of each a dram, Cinamon two drams; make all into a fine Powder for four Doſes to be taken for four Mornings every third day.

Dr. Quercetan's *Purging Decoction for Ladies.*

Take Sena ſix drams, Strawberry-water half a pint, infuſe them in a cloſe Veſſel a Day and Night; then add a ſpoonful of Juice of Limons, and two Spoonfuls of Juice of Pearmains, Sugarcandy two drams; boil it a walm or two, and clarifie it with the White of an Egg, and a little Cinamon-water.

This was invented to pleaſure Ladies with, being very pleaſant in Taſte, and Purging gently, without griping or making ſick.

Another Purging Decoction, called the Bitter Decoction.

Take the Tops of leſſer Centory, Flowers of Camomil, of each one Pugil, Roots of Gentian half a ſcruple, Seeds of Carduus bruiſed one dram, Sena two drams, a little ſliced Ginger to correct the Windineſs of the Sena, Cream of Tartar half a dram; ſteep them all in half a pint

pint of fair water all Night; the next Morning boil it only a walm or two, and then ſtrain it, and if you will have it work ſtrongly, you may add to the ſtrained Liquor an ounce of Syrup of Roſes, or half an ounce of Syrup of Buck-thorn Berries.

It opens Obſtructions, and is prevalent againſt Agues and Fevers; it eaſes Pains of the Breaſt and Spleen, and is good againſt the Green Sickneſs, and Stoppage of the Terms, &c.

A very good Purge for the Itch.

Take Tamarinds half an ounce, ſharp-pointed Dock-root two drams, Fumitory and Succory, of each half a handful, white Tartar half a dram, Ginger one ſcruple; ſhred the Herbs ſmall, and ſtamp the Root, and boil it in a ſufficient quantity of fair water till there remain about a quarter of a pint, to which being ſtrained, add one ounce of Syrup of Roſes, and two drams of Syrup of Buck-thorn Berries, and take it in the Morning.

It is a good and approved thing for the Intention.

An Univerſal Purging Potion.

Take Sena two drams, Ginger one ſcruple, Rhubarb a dram, Agarick two ſcruples, ſweet Fennel ſeeds half a dram; Cinamon a ſcruple; bruiſe them all, and ſteep them all Night in a little more than a quarter of a Pint of the Decoction

coction of Currans: Preſs the Liquor the next Morning through a Strainer; and diſſolve in it one ounce of Syrup of Roſes.

Another Univerſal Purge.

Take ſix Damask Prunes, a handful of Agrimony, half an ounce of Polipode roots, one ounce of Currans, half an ounce of Sena, one dram of Aniſeeds; bruiſe them, and boil them gently in half a pint of water; ſtrain and preſs it, and ſweeten it with brown Sugar.

Another Univerſal Purge.

Take of Sena half an ounce, ſweet Fennel-ſeeds bruiſed a dram; ſteep them all night in a little more than a quarter of a pint of Poſſet made with Ale; the next Morning boil it a walm; then ſtrain and preſs it out; in the Liquor diſſolve an ounce of good Manna while it is hot; then ſtrain it again, and drink it.

A good Pectoral Purge for Conſumptive People, &c.

Take Roots of Marſh-Mallows and Liquoras, of each two drams, ſweet Fennel-ſeeds half a dram, yellow Saunders a ſcruple, cream of Tartar half a dram, bruiſe the Roots and Seeds, and boil them in half a pint of water, with a ſpoonful of French Barly till near half is conſumed; then ſtrain it, and whilſt it is hot, diſſolve in

in the Liquor an ounce and half of Manna; then ſtrain it again, and drink it.

I will recommend here to the Publick a moſt Excellent Purging Powder, which Sir Kenelm Digby *made much Uſe of in his Family.*

Take Scammony, the pureſt and beſt an ounce, Powder it groſly, and ſpread it upon a piece of brown Paper, then take ſome Fire in a Fire-ſhovel, and put upon it ſome Brimſtone, hold the Paper with the Scammony over the Flame of Brimſtone until you ſee it grow moiſt; then Powder it finely, and mix it with ſix drams of Diaphoretick Antimony, and two drams of Cream of Tartar, both in ſubtil Powder, grind them together to incorporate, and mix them well: then put it in a Glaſs Vial; and ſtop it cloſe.

This Powder was called Cornachine, *by reaſon that* Cornachine, *a Phyſitian of* Piſa *in* Italy, *was the Inventer of it, and had made a great Commentary upon it.*

It hath done wonderful Effects; it operates quickly, ſafely, and pleaſantly; it gently purges ſuperfluous Humors from the Bowels, and roots up the Cauſe and Matter of Agues, Fevers, and many other tedious Diſeaſes, as Monſieur Charras *relates in his* Royal Diſpenſatory. *Dr.* Scroderus *in his* Chymical Diſpenſatory *alſo recommends it as one of the beſt Purgatives that can be prepared. Sir* K. D. *recommended it to me for the ſame. The*

Doſe is from half a ſcruple to half a dram, or a whole dram. It is to be taken in the Morning faſting in white Wine, Broth, in the Yolk of an Egg, in a little Syrup, or in ſome Confection.

The Diaphoretick Antimony you may buy for ſix pence an Ounce, the Scammony for ten pence the Ounce, and the Cream of Tartar one penny the Ounce. This Powder is eaſie to give to Children for the Itch or Scab, as alſo for the Worms.

CHAP. XXVIII.

Select VOMITIVES.

A Gentle Vomit.

TAke of Hemetick Wine, and Oximel of Squills, of each an ounce; mix them together, and take it, taking Poſſet-drink with a Spoonful of Oyl of ſweet Almonds in every draught, to make it come up eaſie.

Another.

Another.

Diſſolve two drams of Saltpeter in fat Broth, and drink it.

Another.

Take three drams of Broom-flowers, boil them in half a pint of ſmall Ale for a quarter of an hour, then ſtrain it, and drink it warm.

Another.

Take a dram of Nettle-ſeeds poudred, or a dram of the inner Bark of Walnut Tree powdered, or three drams of Radiſh-ſeeds powdered, taking them in fat Broth unſalted or in Poſſet.

Another, which I have known uſed by Sir Kenelm Digby.

Take a Pint of Lukewarm water, put into it ſix or eight ſpoonfuls of Sallet Oyl, and drink it off Lukewarm.

The Antimonial Cup made of well purified *Regulus* of *Antimony* caſt in Moulds, is a very uſeful thing in a Family; when you have a mind to uſe it, fill it with white Wine, and put a Clove or two in it, and a little Mace, and let it

ſtand all Night, the next Morning drink the Wine, and it will taſte of nothing but Wine, and will work ſafely firſt by a Vomit, and then by ſtools alſo; when it works, drink Poſſet with a ſpoonful of Oyl of ſweet Almonds in every Draught, or ſweet Sallet Oyl, to facilitate the Vomiting.

If it be taken in the beginning of an Ague, when they have had but a Fit or two, it commonly carrieth it off, being taken half an hour before the Fit. The Virtue of this Cup will never diminiſh; for it will have the ſame Operation an hundred year hence that it had when it was newly made. And according as you would have it work, either gentle or ſtrong, you may put the Wine in ſooner or later at Night.

CHAP.

CHAP. XXIX.

Select GLISTERS.

A Gliſter for the Colick and Griping of the Guts.

TAke Roots of Mallows, and Marſh-Mallows with the whole Plant, of each an ounce and a half, French Barly an ounce, Flowers of Camomil, and Elder flowers, of each half an ounce; boil them in a ſufficient quantity of Water; then ſtrain it, and add to a Pint of the Liquor three ounces of Linſeed Oyl, and an ounce of Caſſia extracted, Aloes half an ounce, Nitre an ounce and a half; mix them, and give it duly warm.

It powerfully expels Wind, looſens the Bowels, and eaſes the Colick and Gripings.

Dr. Scroderus *his Emollient Gliſter.*

Take of the Emollient Herbs, which are Leaves of Mallows, Violet Leaves, Beets, Herb Mercury, of each a handful, Roots of Althæa an ounce; Camomil flowers half an ounce, five Figs ſliced; boil them in a ſufficient quantity of fair water to a pint; then ſtrain it, and put to it Caſſia four drams, *Benedicta laxitiva* one ounce, *Sal Gem* a ſcruple, Oyl of Olive, or Oyl of Roſes three ounces, brown Sugar an ounce; mix it, and give it.

It looſens and mollifies the Bowels, evacuates their Slime and Filth, and cleanſes them from Wind and Water, and is good in Fevers.

A very good Common Gliſter.

Take of the Emollient Herbs, of each a handful, Camomil flowers half a handful, ſweet Fennel ſeeds half an ounce, Linſeeds two drams; cut the Herbs, and bruiſe the Seeds, and boil them in Water to a Pint, then ſtrain it.

CHAP.

CHAP. XXX.

Select Remedies relating to WOMEN-KIND.

Containing Excellent and Approved Remedies for ſuch Diſtempers as are particularly incident to Woman-kind.

Concerning the Retention or Stoppage of the Monthly Purgations.

THe Retention of them cometh of Opilation in the Matrix, abundance of groſs Blood, or after great Evacuation, or Fatneſs of the Womb; They are Cauſe of many Evils, as ſwollen Legs, weak Backs, Pains in the lower Parts of the Belly, Drowſineſs, Retention of Urine, a weak Stomack, Loſs of Appetite, and want

want of Digeſtion, Vomiting, Shortneſs of Breath, Loſs of Complexion, Vapors, and Fits of the Mother and Spleen, *&c.* If the Retention come of thickneſs of the Blood, it is good for the Patient to uſe the Bath afterwards ſet down. If the Retention come of cold and Phlegmatick Humors, then it is good for her to take twice a day four ounces of the Decoction of Alexanders, Smallage roots, Cinamon and a little Safron, and faſt four hours after it, forbearing of eating Meats that breed groſs and moiſt Humors, and groſs Blood, as Beef, Pork, Veal, Fiſh, and the like. Let your Diet be Fowls, Birds, Partridges, Rabbits, and the like, or Mutton; and drink white or Rheniſh Wine, or Mead or Metheglin; uſing in your Broth the following Ingredients, *viz.* Aniſeeds, ſweet Fennel-ſeeds, Commin-ſeeds, Caraway-ſeeds, Smallage-roots, wild Thyme, Roſemary, Parſly-roots, Spinage, Madder, Cinquefoil, Harts-tongue, Lupins, Organs, Valerian, Savory, Sothernwood, Garlick is an excellent thing if you like it, Balm, Carduus, Horehound, Cinamon, and ſuch like, uſing a few of either ſorts of them; they thin and ſubtilize the Blood, and open the Paſſages that deſcend to the Matrix.

A Bath to provoke the Terms.

Take Mugwort, Motherwort, Mother of Thyme, Bawm, Fumitory, Camomil, Lavender, Organy, of each a handful; Juniper Berries

ries bruiſed an ounce and an half, Madder roots, Parſly roots, Polipode and Valerian, of each three ounces; let them boil in a ſufficient quantity of Water to make a Bath, and let her ſit in it as hot as can be endured, and when ſhe comes out of the Bath, going to Bed, let her take a Decoction of Bugloſs and Borage, or the Decoction of Madder in fair water, with a little Syrup of Fumitory. If you cannot have all theſe Herbs, you may take only ſome Camomil-flowers and Peniroyal; for the hot water alone will be effectual in this Caſe, bathing in it.

A Phyſical Courſe for provoking the Terms

Take of the Powder of *Hiera Picra* ſimple, of the Pills *de tribus Fernelii*, of Agarick Trochiſcated, of each a ſcruple, of Caſtor half a ſcruple, of the Chymical Oyl of Thyme, four drops; make theſe up into Pills with Syrup of Mugwort; let her take them immediately after her firſt ſleep, and ſleep again upon them. The next day following, let her take the following Decoction.

Take Ale and white Wine, of each a Pint and half, unſet Hyſop, Peniroyal, Mugwort, Germander, of each a handful; Madder, Smallage, Parſly, and Fennel roots, of each an ounce, Juniper Berries, and Cinamon bruiſed, of each half an ounce; boil them well, and having ſtrained the Decoction, ſweeten it with four ounces of Syrup of Mugwort. Drink thereof twice a day,

day, in the Morning, and at four in the Afternoon; and four days before their accuſtomed time of flowing, open the Vein in the Foot, and bleed about three or four ounces, to invite them downwards.

An Excellent Medicinal Wine to provoke the Terms, by Dr. Mynſicht.

Take Tartar vitriolate, Roots of Scorzonera, of each an ounce and a half, Filings of Steel, (from the Needle-makers) an ounce, Galingal the leſs, *Lignum Caſſiæ*, of each a dram, Safron a ſcruple; bruiſe them, and put them in three pints of white Wine, let it ſtand two or three or four days, often ſhaking it, then ſtrain it.

This Wine opens all Obſtructions of the Liver, Spleen and Womb; it provokes the Terms, cures the green Sickneſs, expels Wind, diſcuſſes Swellings, and Hydropical Humors, cures the evil diſpoſition in Virgins, weakneſs of the Stomack, and want of Appetite and ill Digeſtion. Young People ſhould take it five or ſix days before the New Moon; but elder women as many days before the Full Moon. The Doſe is from four Spoonfuls to ſix or ſeven in the Morning faſting, and to continue the Uſe of it till they appear.

Another

Another Approved Remedy for the ſame.

I was aſſured by a Gentlewoman of Credit, that a Daughter of hers, at twenty years of Age, having never had her Purgations, was cured by the following Remedy.

Take a pound of the ſmalleſt new Nails, put them in a quart of white Wine, let it ſtand four and twenty hours; then drink thereof warm a quarter of a pint in the Morning faſting; when you have taken three Doſes of it, put into it a pint of Wine more, and let it ſtand for ſome time upon the Nails; then take of it till you have taken it all; this hath been approved upon many others: you may put in with the Wine a few Orange Peels, and Cloves.

An Experimented Remedy for the immoderate Flux of the Terms.

Take a dram of the Scrapings or Filings of the Skull of a man, put it into a glaſs of white Wine, let it infuſe all Night in, and in the Morning take it faſting. In two or three times taking it every Morning, it will cure it. It is an Approved Remedy

A *Phyſical Courſe to provoke the Terms, preſcribed by a Learned Phyſician to a Lady of great Quality.*

Take the Roots of white Ditany, Madder, and round Birthwort, of each half an ounce, Orrice and Aſaribecca Roots, and ſweet Flag Roots, of each three drams, Orange peels and Cinamon, of each two drams, Juniper Berries ſix drams, Fennel and Commin ſeed, of each one dram, Tops of Wormwood, Mugwort, Horſe-mint and Germander, of each half a handful, Flowers of Elder, Savin and Rue, of each a handful, Saffron half a dram, Filings of Steel an ounce; tie the Steel up in a Rag, and ſhred and bruiſe all the Ingredients; infuſe them in four pints of ſtrong white Wine for twelve hours; then ſtrain it, and drink thereof three times a day: and after five or ſix days taking of it, uſe the following Purge.

Take Sena a dram & a half, Caſſia two drams, Rhubarb half a dram, ſweet Fennel ſeeds and Cinamon, of each a dram and a half, Savin one pugil. This is for two Potions to be taken for two Mornings together.

After Purging, take the following Electuary.

Take Conſerves of Wormwood and Mint, of each half an ounce, Conſerve of Rue an ounce, Candied Elecampane Root half an ounce, Cinamon finely Powdered, and *Crocus Martis* aperitive,

tive, of each a dram, of Oyl of Mace and Cinamon, each ſix drops; mix it, and make an Electuary, whereof take the quantity of a large Nutmeg three times a day.

An approved Remedy to ſtop the Abundance of the Terms.

Take a handful of red Dock Roots the yelloweſt and beſt; ſlit them, and boil them in a Gallon of Conduit-water, ſcum it, and put in it Raiſins of the Sun ſtoned two handful, Liquoras bruiſed two ounces; boil it until a third part be conſumed; then ſtrain it, and make Almond Milk thereof with Blanched Almonds.

A good Remedy for the Whites, much Approved.

If the Woman wanteth her Monthly Terms when ſhe hath the Whites, they muſt by no means be ſtopp'd till the Terms are brought down; for it is very dangerous. Let all the Means then be uſed to provoke and bring them down firſt; and then to ſtop the Whites, take the following, after ſome fit Purgation once or twice before.

Take the Ceruſe of Antimony, that is diaphoretick Antimony, about fifteen grains for a Doſe in a little white Wine, in the Morning faſting, two or three times a day.

Another

Another for the ſame.

Take Garden-Tanſie a handful, great Dock Roots that are young and without Buds, two ounces; ſhred the Herb, and bruiſe the Roots, and boil them in a quart of Milk; drink a Draught thereof warm, ſweetned with Sugar of Roſes, and Nutmeg grated in it.

You may alſo take the following Pills, and drink a Draught of the ſaid Milk after them.

Take *Venice*-Turpentine an ounce, Dragons-Blood, Nutmegs grated, and Bolearmenick, of each a dram; mix them, and make a Maſs for Pills; Take thereof a dram for a Doſe.

The following Electuary is alſo very good, the Body being Purged firſt.

Take Conſerve of red Roſes four ounces, Conſerve of Succory two ounces, red Coral in ſubtil Powder, Snakeweed, Tormentil Roots, and Shavings of Ivory, of each two drams; with Syrup of Mirtles make an Electuary, and take thereof the quantity of a large Nutmeg every Morning.

Another Approved Remedy for the Whites, and ſo the Heat in the Back and Kidneys.

Take four good ſound Nutmegs, put them in the middle of a Houſhold Loaf of Bread; then let the Loaf be baked, and take out the Nutmegs; then beat the white of a new laid Egg to an Oyl, let it ſettle, and take off the Froth, and mix the White with four ſpoonfuls of Roſe-water, and as much Plantane-water; then ſweeten it with fine Sugar, aud grate into it half of one of the Nutmegs, and drink it in the Morning faſting for ſeven days together.

This cured a Woman that had taken many Remedies in vain for the ſaid Diſtempers: It ſtrengthens and cools the Reins, and is good againſt the Stone and Gravel.

An Approved Remedy for the Fits of the Mother, and for the Vapors

Take Roots of round and long Birth-wort, Piony, and leſſer Valerian, of each two ounces, Caſtor one ounce, Tops of dried Wormwood, Mugwort, Fetherfew, Tanſie, Elder, and Camomil Flowers, of each a handful; having bruiſed and cut them all together infuſe them in two quarts of rectified Spirit of Wine; then diſtill them according to Art, and keep the Spirit for Uſe.

This Spirit is very effectual to open the Obſtructions of the Matrix, and to ſuppreſs the Vapors and Fits that ariſe from it; you may take of it from one to two or three drams at a time, in ſome diſtilled Waters; it may alſo be put into the Noſtrils, applied to the Temples, or upon the Navil.

I have an incomparable Eſſence or Spirit of a Chymical preparation, which is ſo effectual beyond all compare for the Vapors and Fits of the Mother, &c, that ſeveral Women which could have no Children live, by reaſon of their Vapors and Fits, till they took of it, had their Children live afterwards, and were perfectly Cured of that Diſtemper.

A Remedy for a Bloody Urine, whether in Man or Woman; alſo for a Bloody Flux, or Spitting of Blood.

Take Shepherds Purſe, and Plantane, ſhred them, and boil them in fair water; then ſtrain it, and ſweeten it with fine Sugar; drink thereof Morning and Evening.

Another for the ſame.

Take the Earth of Swallows Neſt, ſteep it in hot Water; then ſtrain it, and let the Patient drink thereof two or three times a day.

A

A Remedy for one that cannot retain Urin.

Take a Mouſe newly kill'd, burn it to Aſhes, with the Skin and Hair, give a pretty quantity of it in Ale; or dry the Mouſe in an Oven, ſo that you may reduce it to Powder; which give to drink in the ſame manner.

Another for one that cannot keep his Water.

Take Conſerve of Hips three ounces, of red Roſes an ounce, Crabs Eyes a dram, Roots of Tormentil two drams, Syrup of Purſlan, as much as ſuffices to make an Electuary. Take thereof the quantity of a large Nutmeg twice a day. Drink after it a Draught of the following Decoction.

Take Succory Roots ſix drams, Leaves of Lettuce, Purſlan and Horſe-tail (an Herb) Shepherds purſe of each a handful, the four greater cold Seeds, Purſlan Seeds & Sorrel Seeds, of each a dram, red Roſes dried a handful; bruiſe the Seeds, and ſhred the Herbs, and boil them all in a ſufficient quantity of Water to a pint and a half; then ſtrain it, and diſſolve in it Gum Tragant and Arabick, of each two ſcruples; then add two ounces of Syrup of Purſlan: The Doſe is a quarter of a pint.

Let the Patient wear about the Neck a little Bag with the Powder of a dried Toad Calcin'd, which alone many times is ſaid to Cure this Diſeaſe.

CHAP. XXXI.

Select Remedies to procure CONCEPTION.

Of choice and experimented Remedies to procure and forward Conception; preſcribed by ſeveral learned Doctors.

An excellent Remedy to procure Conception.

TAke of Syrup of Motherwort, of Syrup of Mugwort, of each half an ounce; of Spirit of Clary, two drams; of the Root of Engliſh Snakeweed in fine powder, one dram; Purſlain-ſeed, Nettle-ſeed, Rocket-ſeed, all in ſubtil powder, of each two drams; candid Nutmegs, Eringo-Roots, Satirion-Roots, preſerved Dates, Piſtaches, Conſerve of Succory, of each three drams; ſtamp and work all theſe Ingredients in a Mor-

Mortar to an Electuary; then put it up into Gally-pots and keep it for use.

Take of this Electuary the quantity of a large Nutmeg in a little glassful of white Wine, in the Morning fasting, and at four in the Afternoon, and as much at Night going to Bed; but be sure not to do any violent exercise.

Another experienced by the Countess of Arundel.

Make a Syrup of Eringo-Roots, and take thereof three times a day, in the Morning fasting, and in the Afternoon, and at Night; having first prepared the Body with some gentle Purge. *The foregoing Remedy is more effectual.*

Another approved Remedy to procure Conception.

Take of Clarified Honey, 3 drams, of Linseed and shavings of Ivory, of each an ounce, Borage three ounces; beat it into an Electuary with four ounces of fine Sugar, Musk and Amber, of each one scruple and a half; Oil of Cinamon, two grains; Oil of Cloves and Mace, of each one grain: Take of it Morning and Evening.

Dr. Scroderus, *his Cordial Drink to cleanse and strengthen the Womb and procure Conception.*

Take Bawm, Penyroyal, Maidenhair, Sage, Calaminth, Mugwort, of each half a handful; Shenath, half a dram; Marygolds, Wall-flowers,

ers, of each two pugils; (that is as much as you can hold betwixt two Fingers and the Thumb) Nutmegs, Mace, Cubebes, Cardamoms, grains of Paradice, Zedoary, of each one dram; prepare them all, and infuse them in two quarts of Canary Wine for some days in a Bottle close stopp'd; then strain it, and sweeten it with fine Sugar to your Taste; drink thereof three times a day. *This I know an approved Remedy.*

Dr. Mynsight, *his Bath against Barrenness much approved.*

Take Roots of Madder, of Parsley, of Polipode of the Oak, Valerian, of each three ounces; Seeds of wild Rue and Darnel, of each two ounces; green Juniper-berries, of each one ounce and a half; Leaves of Motherwort, Mother of Thyme, Bawm, Mugwort, Fumitory, Marjoram, Lavender, Agrimony, Mellilot, Mullin, Camomil, Calamint, Organy, of each one ounce; shred and bruise them and boil them in a sufficient quantity of water for a Bath.

Let the person sit therein in a bathing Tub, as hot as can be endured, repeating it every day for fifteen or twenty days, abstaining all the while from Venery. *The Author says it is an approved thing for the intention.*

She may also at the same time use either the Electuary with the white Wine, or Dr. *Scroderus* his Drink.

By

By using the said Remedies, and abstaining all the while from Venery, she will be very apt afterwards to conceive; for the parts will be very well disposed: It is much observed also, that Women after long absence from their Husbands, when they come again usually soon conceive.

Note, That the greater the womans desire of Copulation is, the more subject she is to conceive.

Women are most subject to conceive a day or two after their monthly Terms are stayed.

It is good to eat Crabs, Lobsters, Prawns and Shrimps, for they are fruitful Creatures, and very nutritive; as also Pigeons and Sparrows; half a dram of Castor, being taken in powder, or a scruple in Malmsey Wine in the Morning, is good to procure Conception;

As also the stones of a Fox dryed and beaten to powder, and a dram taken in milk in the Morning.

As also the stones of a Boar taken in the like manner.

A Plaister of Labdanum spread upon Leather, and applied to the Region of the Womb, mightily disposes it to Conception.

Dr. Farrar, *his great Venereal to procure Conception.*

Take Conserve of Rosemary-flowers, of Borage-flowers, and of Conserve of Clove-gilly-flowers, of each half a dram; of the Electuary of Diasatirion, one ounce; candid Eringo-

Roots, ſix drams, old *London* or *Venice* Treacle, two drams, Seeds of Rocket, and of Nettles, of each half a dram, *Species Diamoth. dulcis* two ſcruples; make it up into an Electuary with Syrup of Stechados as much as will ſuffice. Take the quantity of a Nutmeg of this Electuary Morning and Night, or when you will, and drink a little of the following Decoction after it.

Take Leaves of Sage, of Organy, Roſemary, Calamint, Nettles, of each a handful, Chamedee, Chamepit and Stechados, of each half a handful; of Nettle-ſeeds, Rocket-ſeeds, and ſweet Fennel-ſeeds, of each three drams, Roots of Pellitory of *Spain* half an ounce; boil all theſe in a quart of Fountain-water; then ſtrain it, and put to it a pint of Malago Sack.

I could tell ſome great Secret to Women; which for ſeveral Reaſons I omit to publiſh here, but if any Lady deſires it of me, I ſhall very freely communicate it to her.

CHAP.

CHAP. XXXII.

Rules and Signs of CONCEPTION.

Certain Signs, whereby Women may know when they have Conceived.

AUthors have left many Ways for Women to know whether they be with Child or not, which proves true indeed in many Women, but not in all; Some of them I ſhall relate here.

1. A Coldneſs and Chillineſs of the outward parts after Conception; for the Heat retires inwardly to make the Conception.

2. The Belly groweth very flat firſt of all, becauſe the Womb cloſeth it ſelf together, to nouriſh and cheriſh the Seed.

3. The Breaſts begin to ſwell and grow hard, not without Pain and Soreneſs.

4. The

4. The Tops of the Nipples look redder than formerly.

5. Wringing or griping pains like Cramps, happen in the Belly about the Navil.

6. Loſs of Appetite to Meat, and illneſs after Meat, and weakneſs of the Stomack.

7. The Veins of the Breaſts are more clearly ſeen than they were wont to be.

8. It is a good Sign when the Veins in the Eyes are clearly ſeen, and the Eyes ſeem ſomething diſcoloured.

9. Divers Longings and Appetites are ingendred.

10. If under the lower Eye-lid the Vein be ſwelled, and the Veins in the Eyes appear clearly, and the Eye ſomething diſcoloured, if the Woman have not her Terms at that time, nor watched the Night before, you may certainly conclude her to be with Child; and this appears moſt plainly juſt upon her Conception, and the firſt two Months. This Mr. *Culpepper* ſays he hath known to be true, and never to fail.

11. Put the Urine of the Woman in a Glaſs, and ſtop it, and let it ſtand three days, and then ſtrain it through a fine Linnen Cloth, if you find ſmall living Creatures in it, ſhe is moſt aſſuredly conceived with Child.

12. Take a green Nettle top, and put it into her Urin, and ſtop it cloſe, and let it ſtand all Night, the next Morning take it out, and if it is full of red Spots, ſhe is with Child; if not, the Nettle will be blackiſh.

And

And thus much for Prognoſticks, whether a Woman be with Child or not.

CHAP. XXXIII.

Other Rules and Signs of Conception.

Rules to know whether a Woman beareth a Male or a Female.

AUthors give theſe to be Signs of Conception of Males,

1 The Woman when ſhe riſes up from a Chair, or the like, doth ſooner ſtay her ſelf upon her right hand than on the left.

2. The Belly lieth rounder and higher than when it is a Female.

3. The Child is firſt felt on the right ſide, becauſe (according to *Hypocrates*) the Male-Children lie on the right ſide of the Womb.

4. The

4. The Woman breeds Boys easier and with less Trouble and Pain than Girls, and carries her Burthen not so heavily, but is more nimble in moving.

5. The right Breast is more plump and harder than the left, and the right Nipple redder.

6. The Womans Complexion is more clear, and not so dull and swarthy as when she beareth a Girl.

7. Let a drop of her Milk fall into a Bason of fair Water, if it sinks to the Bottom, she bears a Girl; but if it swims and spreads abroad, it is a Boy.

CHAP.

CHAP. XXXIV.

Select Remedies to prevent Miſcarriage.

Containing Approved Remedies to prevent Miſcarriage in Women; as alſo certain Experiments relating to Women, eſpecially Childbearing, Practiſed by that skilful Midwife Mrs. *Partridge*, alias *Covet*.

Directions how to govern a Woman in her firſt Conception, that ſhe may know how to foſter it, and hold it faſt till the time of Maturity; and then how with eaſe and good ſpeed to bring it into the World, and after the great Work of Labour, to reduce her ſelf to her wonted Health.

Firſt, To preſerve her Infant, and to prevent Miſcarriage, the following Remedy *is commended to be taken.*

TAke Coriander Seeds two drams, Roots of Biſtort, Shavings of Ivory and Red Coral prepared, of each a dram, of white Amber and Chriſtal, of each a ſcruple; reduce all to a fine

fine Powder, and made it up into Tablets or Lozenges with four ounces of Roſewater and half a ſcruple of Confection of Alkermes; make them of a dram apiece; take one of theſe Tablets every other Morning; they are very cordial and ſtrengthening of the Womb.

Alſo take every other Morning between a rear Egg new laid, putting in it ſome fine powder of Pearls or Coral.

Signs of Miſcarriage.

If her Breaſt (after filling) ſhould begin to leſſen and fall, which is a Sign of future Miſcarriage, let her apply the following Cere-cloth.

Take Roots of Biſtort and Coriander ſeeds, of each two drams, of unripen'd Galls, red Saunders and Hypociſtides, of each a dram, Labdanum, and Maſtick, of each half an ounce; Frankincenſe and Bdellium, of each two drams; Powder what is to be powdered, and with Oyl of Maſtick, Turpentine and Wax make two or three Cere-cloaths, and apply them ſometimes to her Loyns and Sedes, and ſometimes to the Region of the Womb under the Navil.

She muſt avoid all ſudden and violent Motions, both of Mind and Body, as Sneezing, Coughs, Frights, Anger and Paſſion.

If

If a Woman with Child fears Miscarriage, by being frightned, let her have by her some of Dr. *Scroderus*'s Cordial Water against Frights; the Description whereof you have among the Cordial Waters, and take a little of it.

Another Remedy to prevent Miscarriage.

Take a Sprig of Rosemary and Bawm, a few Cloves, and a little Nutmeg; put them into a pint of Claret Wine, and burn it; then beat the Yolks of three new laid Eggs, and having taken the Wine from the Fire, brew them with the Wine; then take the Cock-treadles of six Eggs, and the White of one, and beat them to an Oyl; then take off the Froth from it, and mix the Oyl with the Wine, and brew all together; then sweeten it with fine Sugar, and let the Woman drink of it four Spoonfuls whensoever she beginneth to feel any Pain in her Back or Belly.

Dr. Goff's *Remedy to prevent Miſcarriage.*

Take a Fillet of Beef, let it be half roaſted, then take half a pint of Muskadine, Sugar, Cinamon, Ginger, Cloves, Mace, Grains of Paradiſe, and Nutmegs, of each a dram; bruiſe them, and make a Sauce; then take the Beef from the Fire, and being hot, divide it into two pieces, and wet the inſides of them in the Sauce; then apply the one to the Region of the Womb under the Navil, and the other to the Reins of the Back, as hot as can be endured; tie them on faſt, and keep them on at leaſt twenty four hours, or longer if ſhe can.

In France, *whenſoever they fear that a Woman is in danger to miſcarry, they preſently give her the following Remedy to prevent it.*

Take a penniworth of ſtitching Silk of a red crimſon Colour, double the Threds as often, and as ſhort as you can, then clip it as ſhort as you can with Sciſſers, ſo that it be as ſhort as Shavings; then mix this with a new-laid Egg boild but a little, ſo that the White of it may be but curdled; let the Woman take this.

This they hold as a preſent and infallible Remedy, which I have ſeen uſed many times; it is uſed by rich and poor.

Of

Of the Causes of Miscarriage.

The ordinary Causes of Abortion are the following:

1. A weakness or foulness of the Womb; when it is weakned or offended by viscous, slimy, or slippery, phlegmatick or watery Humors, so that it cannot retain the Fruit received.

2. Being extreamly bound in Body, and forcing to stool, forces the Child down. *Hypocrates* says the Disease *Tenesmus* coming upon a woman with Child, causes Abortion. *Tenesmus* is a Disease when people have a great provocation to stool, yet can do nothing.

3. The Emroids or Piles many times cause Miscarriage; for which I have given you several excellent and approved Remedies: which see in their places.

4. Hunger starves the Child in the Womb, and Surfeiting by much eating and drinking, strangles it. Fat women are subject to miscarry because of the slipperiness of their wombs. Forbear strong Purges or Vomits; but if you are subject to be costive, use gentle means to keep the Body open.

Abortion also is caused either by Blows, Anger, Sorrow and Grief, Running, Leapings, Liftings, immoderate Exercise, *&c.*

The surest way is to prevent Miscarriage before the Child is conceived, by cleansing and

ſtrengthening the womb by ſuch Medecines as procure and forward Conception afterwards; And to thoſe which I have given you before for that intention, I will add theſe following.

Drink Wine wherein the Mother of Thyme hath been boiled, which is excellent for that Intention.

The Seeds of Mandrake are ſaid to cleanſe and purge a foul womb, cool a hot womb, and moiſten a dry womb; you may take half a dram of them bruiſed in a little white Wine.

To Women with Child to prevent Miſcarriage, *Culpepper* recommends to drink a Draught of Sage Ale every Morning; he ſays it will do her more good than ſhe is aware of; if you deſire to know more of it, you may read his Book. He alſo recommends Tanſie-Ale, as you make Sage-Ale (a Draught being drunk in the Morning) to be a Sovereign Remedy for ſuch Women as are ſubject to miſcarry; he doth not teach how to make it; but it is done by ſtamping the Sage or Tanſie, and putting it in a Bag of looſe Bolter-cloth, and hang it in a Rundlet of Ale.

He adviſes alſo Midwives to keep a Syrup by them made with the Juice of Garden-Tanſie clarified, and boiled to a Syrup with double weight of Sugar, and to give a ſpoonful of it whenſoever any Signs of Abortion appear; as alſo to ſtamp Garden-Tanſie, and ſprinkle it with Muskadel, and apply it to the Navil. It is a moſt excellent Remedy.

CHAP.

CHAP. XXXV.

Of Womens Longings, and of Marking their Children.

Being it comes fitteſt in this Place, I will inſert here what Sir Kenelm Digby *relates in his* Diſcourſe *made in a Solemn Aſſembly of Nobles and Learned Men at* Montpelier *in* France, *touching the Cure of* Wounds *by the Powder of Sympathy: He ſays thus;*

I Cannot forbear but I muſt make ſome Digreſſion here, to unfold ſome other Effects of Nature, which we ſee often, and are not leſs curious than the moſt principal which we treat of, and will ſeem to be derived from obſcure Cauſes, notwithſtanding in many Circumſtances they depend on the ſame Principles, and in many much differing; it is touching Moles and Marks which happen to Infants, when their

Mothers, during the time of their Pregnancy, have longed after ſome particular things.

To proceed after my accuſtomed manner, I will fall to exemplifie.

A Lady of great Quality, which many of this Aſſembly know, at leaſt by Reputation, hath upon her Neck the Figure of a Mulberry, as exactly as any Painter or Carver can poſſibly repreſent one; for it bears not only the Colour, but the fit proportion of a Mulberry, and is as it were, emboſſed in her Fleſh. The Mother of this Lady being with Child, ſhe had a great mind to eat Mulberries, and her Imagination being ſatisfied (ſhe being under the Tree) one of them caſually fell upon her Neck, the ſanguine Juice whereof was ſoon wiped off, and ſhe felt nothing at that time: The Child being born, the perfect Figure of a Mulberry was ſeen upon her Neck, in the ſame place where it fell upon the Mothers; and every year in Mulberry Seaſon, this Impreſſion, or rather Excreſcence of Fleſh did ſwell, grow big, and itch.

Another Maid which had the like Mark of a Strawberry, was more incommodated therewith; for it not only inflamed and itched in Strawberry Seaſon, but it broke like an Impoſtume, whence iſſued forth a ſharp corroſive Humor.

To know the Cauſes and Reaſon of theſe marvellous Effects, I refer the Reader to the Reading of the ſaid Sir *K. Digby*'s Book; wherein he relates alſo the following. Permit

Permit me, my Lords (ſays he) to enlarge my Digreſſion a little further in one word, to re-account unto you a marvellous Accident, known all over the Court of *England*, in confirmation of the Activity and impreſſion which the Imagination of the Mother makes upon the Body of the Infant whereof ſhe was big. A Lady that was my Kinſwoman (ſhe was the Neece of *Forteſcu*, the Daughter of Count *Arundel*) came to give me Viſits ſometimes in *London*; ſhe was fair, and of a good Feature, and ſhe knew it well, taking great complacency, and not only to keep her ſelf ſo, but to add what ſhe could further; thereupon ſhe was perſwaded that the Patches and Flies which ſhe put upon her Face, gave her a great deal of Ornament, therefore ſhe was careful to wear the moſt curious ſort; but as it is very hard to keep a moderation in things which depend more upon *Opinion* than *Nature*, ſhe wore them in exceſs, and patched moſt of her Face with them; although that did not much add to her Beauty, and that I took the Liberty to tell her ſo accordingly, yet I thought it no opportunity then to do any thing that ſhould give her the leaſt diſtaſte, ſince with ſo much civility and ſweetneſs ſhe came to viſit me. Nevertheleſs, one day I thought good in a kind of drolling way, (ſo that ſhe might not apprehend any Diſcontentment) to tell her of it; ſo that I let fall my Diſcourſe upon her great Belly, adviſing her to have a care of her Health, whereof ſhe was ſomewhat negligent,

and according to the Custom of young vigorous women, which know not yet what it is to be subject to Indispositions, she kindly thanked me for my care herein; saying, That she could do no more to preserve her health than she did, though she was in that case: you should at least, I replied, have a care of your Child: O for that, said she, there is nothing that can be contributed more. Yet I told her, See how many Patches you wear upon your Face, are you not afraid that the Infant in your Womb may haply be born with such Marks on its Face? But, said she, what danger is there that my Child should bear such Marks, though I put them on artificially? Then you have not heard, I replied again, the marvellous Effects that the Imaginations of Mothers work upon the Bodies of their Children, while they are yet big with them, therefore I will reaccount unto you some of them; so I related unto her sundry Stories upon this Subject; as that of the Black Queen of *Æthiopia*, who was delivered of a white Boy, which was attributed to a Picture of the Virgin *Mary* with our Saviour Christ, which she had near the teaster of her bed, whereunto she bore great devotion. I urg'd another of a woman who was brought to bed of a Child all hairy, because of the Picture of St. *John* the *Baptist* in the wilderness, when he wore a coat of Camels hair. I reaccounted unto her also the strange Antipathy which the late King *James* had to a naked Sword, whereof the Cause was ascribed, in regard some *Scotch* Lords entred violently into the Bed-

chamber of the Queen his Mother, whilſt ſhe was with Child of him, where her Secretary, an *Italian*, was diſpatching ſome Letters for her, whom they hack'd and kill'd with naked Swords before her face. and threw him at her feet; and they grew ſo barbarous, that there wanted but little but that they had hurt the Queen her ſelf, at leaſt her Skin was rais'd in divers places. *Bucanan* makes mention of this Tragedy. Hence it came that her Son King *James* had ſuch an Averſion all his Life time to a naked Sword, that he could not ſee one without a great emotion of the Spirits, although otherwiſe couragious enough, yet he could not overmaſter his Paſſion in that particular. I remember when he dubb'd me Knight, in the Ceremony of putting the point of a naked Sword upon my Shoulder, he could not endure to look upon it, but turned his face another way; inſomuch, that inſtead of touching my ſhoulder, he had almoſt thruſt the point into my eyes, had not the Duke of *Buckingham* guided his hand aright. I alledged her divers ſuch Stories to make her apprehend that a ſtrong Imagination of the Mother might cauſe ſome notable impreſſion upon the Body of her Child to its prejudice. Moreover, I pray conſider how attentive you are to your Patches, and that you have them continually in your imagination; for I obſerved that you have looked upon them ten times ſince you came to this Room, in the Looking-Glaſs. Have you therefore no apprehenſion that your Child may be born with

half Moons upon its Face, or rather that all the Black which you wear up and down in ſmall portions, may aſſemble in one, and appear in the middle of its Forehead, the moſt apparent and remarkable part of the Viſage, and may be as broad as a *Jacobus*, and then what a Grace would it be to the Child? O me, ſaid ſhe, rather than that ſhould happen, I will wear no more Patches while I am with Child; thereupon at that inſtant ſhe pull'd them off, and hurl'd them away. When her Friends ſaw her afterwards without Patches, they demanded how it came to paſs that ſhe who was eſteemed to be one of the moſt curious Beauties of the Court, in point of Patches, ſhould ſo ſuddenly give over the wearing of them; She anſwered, that her Unkle, in whom ſhe had a great deal of Belief, aſſured her, that if ſhe wore them during the time ſhe was with child, the Infant would have a large black Patch in the midſt of its Forehead. Now this Conceit was ſo lively engraven in her Imagination, that ſhe could not be delivered of it; and ſo this poor Lady that was ſo fearful that her Child might bear ſome black Mark in its Forehead; and ſo it happened, that it was born into the World with a ſpot as large as a ten Shilling piece of Gold in its Forehead; it was a Daughter ſhe brought forth, very beautiful throughout, this excepted.

I need not tell you of your Neighbour of *Carcaſſona*, who lately was brought to bed of a prodigious Monſter, exactly reſembling an Ape, which

which ſhe took pleaſure to look upon during the time ſhe was with Child; for I conceive you know the Story better than I. Nor that of the Woman of St. *Maxent*, who could not forbear going to ſee an infortunate Child which was born without Arms; and ſhe her ſelf was delivered afterwards of ſuch a Monſter.

Another dreadful Example Sir *Kenelm* relates, which happened to a Woman with Child, who was ſo curious as to go and ſee the Execution of a Malefactor.

Several others he relates; which for Brevity ſake I omit to relate here. What I have ſet down is by way of Caution and Divertiſement.

CHAP.

CHAP. XXXVI.

Select Remedys to cauſe a good Delivery.

A moſt Soverain and often approved Remedy to be uſed before Labour to cauſe a good Delivery, with eaſe, ſecurity, and very little pain &c.

TAke a good large onion, or two leſſer, peel and ſlice them, and in a frying-pan fry it with two or three ſpoonfuls of the beſt ſallet oyl til it be tender; then put all into a pipkin with a glaſsfull of water, and boyl it well together, then ſtrain it out and drink that warm in the morning faſting without any ſalt in it. Continue this for a fortnight or three weeks, beginning immediately before the time expected for Delivery: This courſe will ſo diſpoſe the parts of the woman with Child, that ſhe ſhall be brought to bed with ſecurity, with eaſe and with very little pain: and if the Child ſhould be turn'd in the mothers womb, it will bring it to rights before labour. Sr. *Kenelme Digby* relates that women that have had moſt dangerous labours till they took this have had no difficult, but

but very eaſie and ſpeedy labours, what woman with Child would neglect to take the ſaid remedy, being ſo eaſie and of ſo good effects, and what Midwife would not perſwade a woman ſhe is to deliver, to take it before the time of her Labour, to prevent a dangerous and difficult Labour.

A Drink before Labour to cauſe a good Delivery.

Take Wood Bettony one handfull, blew figs ſliced four ounces and Liquorice bruiſed one ounce, boyl them all in a pinte of running water and white wine of each one pinte to the conſumption of a third part, then ſtrain it and preſs it a little, drink thereof a good draught warm every morning faſting for a fortnight or three weeks before the time of Labour. *It is an approved remedy for the Intention.*

A ſafe Remedy to facilitate the Birth in Labour.

Take of Choſen Cynnamon one ounce, white amber ſix drams, myrrh one ſcruple, reduce them all to a ſubtil powder, and in the time of Labour the Child being nigh pitch'd, give her thereof as much as will lie upon a ſix pence in a little Canary Sack.

Another to Cauſe a ſpeedy Labour.

Take three or four drops of the Chymical oyl

oyl of nutmeg in a ſpoonfull of Clarret burnt only with Cynnamon, alſo in hard Labour, let her drink a ſpoonfull or two of another womans milk, it will cauſe her ſpeedy Delivery.

The Labour Powder to facilitate the Birth.

Take Date ſtones, Amber, Saffron, and Cummin ſeeds, beat and ſearſe them all ſeverally into very fine powder, take of each as much as will lie upon a groat, but double ſo much of the Cummin ſeeds, mingle them all together, and when the woman is in her greateſt extremity give her a ſpoonfull of it in Mace Ale: This is alſo an effectual remedy to bring away the After-Burthen. Theſe remedies are approved to be ſafe ſure and effectual.

I was once with Sr. *Kenelm Digby* in his Chamber, when a Midwife came to him and told him that a woman had been in labour three days, and that ſhe could not be delivered though the Child was nigh pitch'd, and having heard that Sr. *Kenelm* had a powder that would facilitate the Birth, ſhe prayed him to give her a little of it; Sr. *Kenelm* went into his cloſet and brought out a little powder in a paper, and gave it her deſiring her to give it to the woman in a little burnt Clarret, and an hour after ſhe had taken it to ſend him word how ſhe did. And within leſs than an hour ſhe ſent to thank him, and that ſhe was delivered of a luſty boy within half an hour after taking it. Upon that I asked

Sr. *Ke-*

Sr. *Kenelm* whether it was a Chymmical preparation, and he told me it was nothing but a dram of myrrh in ſubtil powder.

An Infallible and much approved remedy to bring away the After Burthen, or any fowlneſs or a dead Child, and to cure the After throws and Gripings, after a woman is delivered,

Take the inward wrinkled skins of Gizards of Hens that are laying of eggs, wipe them clean and lay them by to dry, when you have need to uſe them beat them to a fine powder, of which give one dram for a doſe in a little white wine: you will ſee the effects of it in a ſhort time, If it be needfull you may repeat the doſe once or twice the ſame day. Women and Midwifes ſhould never be without this remedy.

An Excellent Powder to aſſwage the pains after Delivery.

Take the Roots of Athamantick Spignel, and bigger Comfry of each two drams, Amber in fine powder, Peach kernels cleanſed, of each one dram and a half, Cynnamon, Mace, and Saffron of each two ſcruples, mingle them and make a powder for uſe.

This Powder is highly eſteemed to aſſwage the tormenting pains that happen to moſt women after delivery; it is to be given in broth, from one ſcruple to two. In Monſieur *Charras*'s Royal Diſpen-

Diſpenſatory, who ſays alſo, that it is credibly affirm'd that the bloud which Iſſues from the navil when the Midwife cuts it, a ſpoonfull of it given hot is a ſoverain remedy to prevent and appeaſe theſe pains.

Another Remedy after Labour, to take away the pains and pangs which many times attend women newly delivered.

Let her drink a draught of Beer boyled with a ſpoonfull of Camomil flowers: and in greater pains let her take ſix ounces of the oyl of ſweet Almonds freſh drawn.

CHAP. XXXVII.

Select Remedies for Women Lying in.

An Excellent Cerecloath to be laid upon the Breaſts after Chilabearing.

TAke oyl of Roſes ſix ounces, Perriwincle bruiſed three ounces, juice of mint and leſſer Sage of each one ounce and a half, Boyl them over a ſoft fire til the juice be conſumed, then ſtrain

ſtrain and preſs them out, into the ſtrained oyl put yellow wax cut ſmall, three ounces; when the Ingredients are half cold, and half an ounce of choice Maſtich finely powdred ſtir them well together, and then dip the cloaths in it.

This Cerecloath is very proper to prevent the breaſts from growing big after Child bearing; as alſo to change the courſe of the milk and to turn it downward. The Cerecloath muſt be layd hot upon the breaſts, and wrapt up with warm cloaths and be continually applied til the milk be gone.

Another Remedy preſently made to dry up the milk in Womens breaſts.

Take Aqua vitæ and ſweet butter, melt them and beat them well together, and anoynt the breaſts therewith, laying a brown paper upon them, and as often as the paper dries anoynt again, til the milk be dryed up. *This is alſo good to keep the Ague out of the breaſts.*

To encreaſe womens milk.

Take fennel ſeeds bruiſed, and boyl them well in barley water, and let the Nurſes and Suckling women drink very often, in winter warm, in Summer cold, and let them forbear drinking much ſtrong drink or wine, for they are hot and great dryers up of milk.

Another

Another to increaſe milk.

Boyl ſweet Fennel ſeed and Anniſeeds bruiſed in Poſſet drink, and drink thereof.

Authors write that the hoofs of the forefeet of a Cow dryed and powdred, and a dram of the powder taken in the morning in any convenient liquor increaſes milk.

The Thiſtle call'd our Ladies thiſtle, is an excellent thing to increaſe milk.

If the Child be much troubled with wind and gripings, let the Nurſe uſe Fennel ſeed or Anniſeeds in her broaths or in poſſet drink.

A Remedy for a ſore breaſt that comes of curl'd milk in Childbed, and to dry up the milk.

Take half a pound of Hogs greaſe, yellow wax one ounce, Burgundy pitch five ounces, Venice Turpentine one ſpoonfull, Honey two ſpoonfuls, put all theſe in a skillet with a little fair water, and boyl them over a gentle fire, for a while ſcumming it, then pour it into a pan to cool, when it is quite cold turn it out of the pan as a cake, and ſcrape off all the ſoft dregs that are at the bottom; then melt it again and dip linnen cloaths in it to make Cerecloaths, and apply them.

For

For an Ague in a Womans Breaſt.

Take the Leaves of Hemlock, fry them in unſalted Butter, and as hot as can be endured lay it to the Breaſts, and lay a piece of Flannel warm over it. *This is good alſo for any Swelling in any other Part.*

An Admirable Poultice that hath cured many Women of hard and ſore Breaſts.

Take Turneps and boil them well in Water, ſo that they be very tender; then ſqueeze out the water clean from them, and ſtamp them to Maſh, and mingle with them ſome freſh Butter unſalted, and apply this warm to the Breaſts Poultice-wiſe upon a thick Cloth very large; change it Morning and Night. *In three days it perfectly cures, though before the pain and hardneſs hath been very great.*

The Counteſs of Dorſet's *Remedy for a hard and ſore Breaſt, wherewith ſhe was cured her ſelf of a hard and ſore breaſt.*

Take choſen Jollop, reduce it to fine powder, which keep in a glaſs ſtopp'd: take half a dram, or one dram, or four ſcruples of it in a little white wine and ſugar, and by this you will increaſe or diminiſh the Doſe to the need. Continue this for a month continually. And al-

waies keep over the breasts a linnen cloath that hath loose flox of flax stitch'd upon it, in such sort that there may be no hardness felt any where; let it be very thick and warm.

A most excellent Cataplasme for cancered breasts; to take away and cool and dissolve the swelling and hardness, if it be dissolvable; and if not to make it break and separate with ease and without sharpness.

Take an old mellow Pippin, cut off a cap at the top of it, and take out the Coar leaving the side of the Apple whole; then fill it with Hogs grease, and cover it again with the cap, and roast the apple to pap, then take off the skin, and mingle the pap and the grease perfectly well together, and spread it thick upon linnen and apply it warm to the breast covering it with a bladder. Sr. *Kenelm Digby* relates that a Chyrurgeon cured a Lady of great quality with this of a cancered breast.

For aches, and soreness in womens breasts, or in any part of the body an approved Remedy.

Cause a Dyer to dye you some thick spongy flannel, of the blew colour called *Coventry-blew*, when it is dry dye it again, dye it thus five times, at last the dye will be so deep that it will look almost black; lay of it on a good deal beyond the pained part on all sides; keep it thus continually covered and warm with it.

CHAP.

CHAP. XXXVIII.

Select Remedies for the Back.

For weakneſs in the Back.

TAke Dates ſtone them and take out the inner hard white skin, then ſtamp them, and mix them with the pith of an Oxe, beat and work them well together; then add to it eggs, and grated bread, mix them all well together with a ſufficient quantity of cream, fry them and eat thereof in the morning faſting ſtrowing ſugar upon it.

Another.

Take the pith of an Oxone pound Ale and Muſcadine or Alegant, or old Malaga, of each one pynte, Raſins of the Sun ſtoned half a handfull,

Currans four ounces, ten or twelve dates ſliced, a ſtick of Liquorice bruiſed, Anniſeeds half an ounce; boyl all theſe to the conſumption of half, then ſtrain it, and drink thereof warm in the morning faſting, grating nutmeg into it.

Another for weakneſs in the Back.

Take the Kidneys of an Oxe or Steer, ſlice them very thin; then ſtew them eaſily in a quart of water cloſe covered, to the conſumption of half, then add half a pynte of Red Roſe water, and as much Alegant or Muſcadine, add Sugar and grated nutmeg; take thereof four or five ſpoonfuls in the morning and at four in the afternoon, for a week together; then intermit a week, and then take it again another week if you think it need.

Another to ſtrengthen the Back, and to reſtore marrow in it.

Take the pith of an Oxe, half a handfull, blew Currans waſhed and bruiſed two ounces, boyl them together in Allegant or Muſcadine, then mix it with the yolks of two new layd eggs, and grated nutmeg, and take a ſpoonfull or two warm in the morning faſting.

Another

Another often approved Remedy for a ſprain in the Back, and to ſtrengthen it.

Take the yolk of a new layd egg, beat it with a glaſs-ful of Muſcadine, Alegant, or old Malaga, then warm it well and grate nutmeg in it, and drink it twice a day.

For a Crick in the Back an outward Remedy.

Take the marrow of the bone of a Horſe, warm it and anoynt the Back with it, it will give ſpeedy eaſe, and in four or five times anoynting perfectly cure it.

For heat in the Back and Reins.

Take Roſe water, and infuſe therein red and yellow ſaunders, and red roſe leaves, let it infuſe for twelve hours, then bathe your Back very well therewith, it will aſſwage the heat, and greatly comfort the Reins.

For pain in the Back.

Take Comfry roots and ſtamp them and boyl them in poſſet; drink thereof four or five days together, Alſo take Knot graſs, ſhred it and mix it with butter, and make Tanſie thereof, and eat it; it much availeth to the ſaid Cure.

Sr. Kenelm Digby's *Excellent aſtringent Plaiſter for the Back.*

Take Comfry Roots, Knot graſs, Cinquefoil roots, Budweed or Bawdweed of each two good handfulls, ſtamp all theſe and put to them a quart of the beſt ſallet oyl; let it boyl ſoftly til the oyl hath extracted the vertues of the Roots, then ſtrain it; then put to it four ounces of Venice Turpentine, and as much of Virgin wax, and two ounces of Pitch.

For an Ach in the Back.

Take Lilly roots, Camomile, Anniſeeds, of each a good handfull, ſtamp them together and fry them in Hogs greaſe with a little Clarret wine, make a plaiſter thereof and apply it to the Reins.

An Approved Remedy for a Sprain in the Back.

Take good Muſcadine, or in want thereof good old Malaga, and a ſpoonfull of Madder, incorporate them well together, give it the Patient to drink for three mornings together; and if need requires he may take it three times a day.

CHAP.

CHAP. XXXIX.

Select Remedies Relating to CHILDREN.

Of Choice and Approved Remedies for ſuch Diſeaſes as are incident to Children.

A Rare Bulſom for Children breeding teeth, to make them come without pain.

TAke two or three River Crabs, and beat them in a ſtone Mortar, then moiſten them with a little water of blew bottles, and preſs out two ounces of the juice: take alſo two ounces of muſcilage of Marſhmallow roots, put them together with May butter, or other freſh unſalted butter three ounces, Hens fat and Ducks fat of each two drams, put them into a pipkin,

and boyl them over a gentle fire, to the conſumption of half the moiſture, then ſtrain them and add Sugar candy finely powdered four ounces, the yolk of one egg, Musk and Amber greaſe of each ſix grains.

This Balſom hath been much experimented by many Perſons of Quality in France *for its Excellency, to ſoften the gums of Infants, whoſe teeth are ready to cut, their Nurſes muſt be carefull to anoint their gums often with it: The uſe of it is no way inconvenient, and being pleaſing to taſte and wholſome, it can do no harm though it ſhould be ſwallowed. In Dr.* Charra's *Royal Diſpenſatory.*

Another Balſom for the ſame.

Take the brains of a Hare either roaſted or boyl'd, mix it with honey and unſalted butter and a little diſtill'd water of Cullendine; anoynt the Childs gums frequently therewith.

An approved Remedy for the Rickets.

Take roots of Smallage, Parſly, Fennel, and Angelica of each a handfull, ſlice them and boil them in diſtilled waters of Angelica, unſet Hyſop and Colts foot, of each one part till they are tender, then ſtrain it and boyl it up to a ſyrrup with white honey, Then take a ſtick of Liquorice and ſcrape and bruſſe one end of it, and give the Child with it one ſpoonfull of the ſyrrup in the morning, at four in the afternoon, and at night.

A

A Bath for the Rickets, Liver grown or opilation of the Liver in a Child.

Take a Sheeps head with the wool on it, cleave it in the middle, and boyl it til it be tender, and that the bones ſlip clean out of the fleſh, boyling with it, Smallage, Camomile, Primroſe leaves, and Hyſop of each four handfulls, then bathe the Child all over with this broath as hot as it can endure twice a day; then maſh the herbs with the fleſh and bind it warm to the joynts that are weak.

It is a certain and much approved Remedy.

Another Approved Remedy for the Rickets.

Take a quart of new milk, boyl it with a handfull of Sanicle ſhred ſmall, til a pynte be boyl'd away, let the Child drink of it warm in the morning faſting; and let it neither eat nor drink within an hour after it. And at night boyl a handfull of Red mint in a quart of milk, and let the Chlld eat it laſt at night. Continue this for a month.

An Oyntment for the Rickets.

Take Sanicle, and red mints of each two handfulls, ſhred them ſmall and ſtamp them, then boyl them in a pound of freſh butter, then ſtrain and preſs it out, and anoynt the Childs breaſt, arms,

Arms and Gullet-Bones with it warm before the Fire.

Another for the same.

Take a peck of Garden Snails, stamp them with their shells, and put them in a Canvas Bag, which hang up, and put something under it to receive the Liquor that drops from it; wherewith anoint the Childs Limbs, and every Joint that is weak, before the Fire every Morning and Evening.

It is credibly affirmed that it hath cured Children that have been extreamly weak, and could not go alone in a Weeks time.

An Excellent Remedy for Convulsion-Fits and Falling-Sickness.

Take Piony Roots fresh digged, scrape of them with a Knife, and apply it to the Soles of of the Feet.

Another often approved Remedy for the same

Take of the Skull of a mans Head, and of the Stone which is found in some Ox-galls, both in fine Powder, of each ten grains; give it in a spoonful of a Cordial made with black Cherry water, and Piony water, sweetned with Syrup of Piony Flowers; give one Dose at the beginning of the Fit, and another after the Fit.

It

It is an experimented Remedy, and hath cured many.

For the Small Pox and Meaſles.

Take two or three grains of Saffron, and dry it well by the Fire, then put it in a little Rag, and tie it up, and infuſe it in Poſſet-Ale, and preſs it, or in Mace-Ale, or white Wine, till all the Virtue is drawn out, give that to the Patient to drink, and keep him warm. *If he have Soreneſs in the Throat, do this:* Take a quarter of a ſpoonful of dried Saffron, tie it in a linnen Rag, and boil it in half a pint of Milk till it be very yellow; then boil in it a Stay of Linnen, and put it warm and moiſt under the Throat; when it is cold and dry, put on another in the ſame manner, and therefore you muſt have at leaſt two of them, that one may heat in the Milk whilſt the other is about the Throat.

This will certainly take away all Pains of the Throat in ſix or eight hours. Sir K. Digby.

To drive the Venomous Vapors from the Heart and Head in the ſmall Pox and Meaſles, Malignant Feavers, and Epidemical Diſtempers, with great ſucceſs.

Take Seeds of Citron an ounce, Seeds of *Carduus Benedictus* an ounce and a half, beat them well, and draw out all their Pulp with a quart of

of Scabious water, or Carduus, or Marigold-water, and ſweeten it with two or three ounces of Sugar. Drink of this as often as you have a mind to drink, a little warmed.

To prevent the Marks of the Small Pox.

When the Puſtules begin to dry, anoint them with ordinary *Unguentum album. This Sir* Kenelm Digby *ſays did preſerve all his Children from any Marks.*

Dr. Charras *his Oyntment which he highly recommends to prevent the Scars and Marks of the Small Pox.*

Take Litharge of Gold in fine Powder, and white Lead or Ceruſe waſhed in Roſewater, of each an ounce; Oyl of the greater cold Seed, and of bitter Almonds, and Oyl of Eggs, of each half an ounce, Nightſhade and Plantane-waters as much as ſuffices; make it into an Oyntment by grinding it in a Stone-Mortar, powring to it ſometimes of the Oyls, and ſometimes of the Waters.

A Remedy for a Child that cannot hold its Water, whether Male or Female.

Take the Navil-ſtring of the Child when it is ready to fall from him, dry it and powder it, and give it the Child in two ſpoonfuls of ſmall Beer in the Morning faſting. *A*

A Remedy for breaking out of young Childrens Heads.

Take freſh Butter and Ale, and boil it together till it be like an Oyntment; anoint the Childs Head and Face therewith.

Or take pure Sallet Oyl and Vinegar, and beat them together, and anoint the Head therewith.

Or take Butter and Salt, and fry them together till it be black, and anoint the Childs Head with it.

'Tis ſaid, the Urine of the Father and Mother being mixt together, will cure Childrens breaking out.

Dr. Riverius *his infallible Remedy for Worms in Children.*

There is nothing more effectual than the following Remedy, which hath been ſo often experienced by that Famous and Learned Dr. Riverius; *which is thus:*

Take *Calomelanos* eight grains, Scammony ſix grains; grind them to a ſubtil Powder, and give it in the Morning in a ſpoonful of any Liquor. *This I have often experienced with good ſucceſs. The* Calomelanos *you may buy of the Chymiſts.*

CHAP.

CHAP. XL.

The Cure of Wounds by the Powder of Sympathy.

The true Preparation of the Powder of Sympathy, as it was prepared every year in Sir Kenelm Digby's *Elaboratory, and as I prepare it now.*

TAke good Engliſh Vitriol, which you may buy for two pence a pound, diſſolve it in warm water, uſing no more water than will diſſolve it, leaving ſome of the Impureſt part at the bottom undiſſolved; then powr it off and filtre it, which you may do by a Coffin of fine gray Paper put into a Funnel, or by laying a Sheet of gray Paper in a Sieve, and powring your water or Diſſolution of Vitriol into it by degrees, ſetting the Sieve upon a large Pan to receive the filtred Liquor; when all your Liquor is filtred, boil it in an earthen Veſſel glazed, till you ſee a thin Scum upon it; then ſet it in a Cellar to cool, covering it looſly, ſo that nothing may fall in; after two or three days ſtanding, powr off the Liquor,

Liquor, and you will find at the bottom and on the ſides large and fair green Chriſtals like Emeraulds; drain off all the Water clean from them, and dry them; then ſpread them abroad, in a large flat earthen Diſh, and expoſe them to the hot Sun in the Dog-days, taking them in at Night, and ſetting them out in the Morning, ſecuring them from the Rain; and when the Sun hath calcin'd them to whiteneſs, beat them to Powder, and ſet this Powder again in the Sun, ſtirring it ſometimes, and when you ſee it perfectly white, powder it, and ſift it finely, and ſet it again in the Sun for a day, and you will have a pure white Powder, which is the Powder of Sympathy; which put up in a Glaſs, and ſtop it cloſe. The next year when the Dog-days come, if you have any of this Powder left, you may expoſe it again in the Sun, ſpreading it abroad to renew its Vertue by the influence of the Sun-beams.

The way of Curing Wounds, with it, is, to take ſome of the Blood upon a Rag, and put ſome of the Powder upon the Blood, then keep only the Wound clean, with a clean Linnen about it, and in a moderate Temper betwixt hot and cold, and wrap up the Rag with the Blood, and keep it either in your Pocket, or in a Box, and the Wound will be healed without any Oyntment or Plaiſter, and without any pain. But if the wound be ſomewhat old, and hot, and inflamed, you muſt put ſome of this Powder into a Porringer or Baſon full of cold Water,

ter, and then put any thing into it that hath been upon the wound, and hath ſome of the Blood or Matter upon it, and it will preſently take away all Pain and Inflammation, as you ſee in Sir *Kenelm*'s Relation of Mr. *Howard*.

To ſtanch the Blood either of a Wound or Bleeding at the Noſe, take only ſome of the Blood upon a Rag, and put ſome Powder upon it, or take a Baſon with freſh water, and put ſome of the Powder into it, and bath the Noſtrils with it.

CHAP.

CHAP. XLI.

Containing the choiceſt and rareſt Coſmeticks *to beautifie ſmoothen, ſoften, and whiten the Face and Skin, and to preſerve the Beauty and Complexion of Ladies; deviſed by ſeveral Learned* Phyſicians, and *uſed by* Queens, Princeſſes, *and other great* Ladies *in* France, Italy, Germany *and* England.

The Word *Coſmetick* ſignifies Adorning or Beautifying.

A rare Coſmetick Water of Dr. Scroderus,

TAke the Whites of fifteen Eggs, the Juice of one Limon three ounces, of Snails, white Lead a pound, Camphir and Borax, of each a dram and a half, Myrrhe two drams, Frankincenſe and Maſtick of each half an ounce; bruiſe them all, and infuſe them twenty four hours in water of Bean-Flowers, and water of Elder-Flowers, of each a pint and half; then diſtil it

in a Cucurbite in *Balneo Mariæ*, and keep the Water for Use. *It softneth, whiteneth, and smootheth the Skin.*

Another more precious Cosmetick, or beautifying Water; by Sir Kenelm Digby.

Take white Lillies six drams, Florence Orrice Roots, Beans, Cicers, Lupins, of each half an ounce, fresh Bean-flowers a handful, Gum Tragant, white Lead, fine Sugar, of each half an ounce, Crums of white Bread, (steeped in Milk) an ounce, Frankincense, and Gum Arabick of each three drams, Borax, and feather'd Allom of each two drams, the White of an Egg, Camphire a dram and a half; infuse them four and twenty hours in a sufficient quantity of Rose and Bean-flower water, equal parts; then distil it in *B. M.*

This Water smoots, whitens, beautifies and preserves the Complexion of Ladies. They may wash their Faces with it at any time, but especially Morning and Evening.

Another Cosmetick water

Take two young Pigeons, gut them and cut them into pieces, Crums of white Bread half a pound, peach-kernels, and the four greater cold Seeds cleansed and bruised, of each four ounces, the whites of twelve Eggs, and the Juice of four Limons; infuse them twelve hours in two quarts

quarts of Milk, then diſtil them in *B. M.* To the diſtilled water add Borax, Camphire, Sugarcandy, and burnt Allom, of each three drams; ſet them three days in the Sun, then let them ſtand fifteen days in a Wine-Cellar; then filtre it through gray Paper, and keep it for Uſe,

This is an Excellent Coſmetick-water, and hath all the Vertues of the former, and is to be uſed in the ſame manner.

Another Coſmetick-Water.

Take fine Sugar one pound, Roch-Allom three ounces, white Poppy-ſeeds bruiſed, Flower of Beans, of Water-Lillies, and of the greater Houſleek, of each a handful; the Juice of four Limons, the Crum of two white penny-Loaves; bruiſe what is to be bruiſed, and put them all into a Glaſs Alembick, and powr upon it Goats Milk, or Black Cows Milk, and white Wine, of each a quart; diſtil it in *Balneo Mariæ*, and keep the Water for Uſe.

This Water is good to ſmooth, whiten, and preſerve the Complexion of Ladies, waſhing their Faces therewith.

Some Receipts of Coſmeticks which I took out of the Countes's of D' Hoſpital, her Book which ſhe ſent me at *Paris*.

A Coſmetick water uſed by the Queen.

Take the whites of two new layd eggs, beat the ſhels of them to powder, and put them in a quart bottle, with the whites, and let them be beaten together, for three hours; then put into it four ounces of burnt Allum in fine powder, beat it two hours longer; then put into it three ounces of white Sugar candy in powder, and beat it alſo for two hours, then put in it four ounces of Borax alſo in powder, and beat it alſo; then take a pynte of water that runs from under the wheel of a mill, and put into it four ounces of white Poppy ſeeds well beaten mix them well together, ſo that it be like milk, then pour that into the quart bottle with the other things: at four ſeveral times, beating it every time the ſpace of two hours; then ſtrain it through a fine white linnen cloath; and having put it into the bottle again let it be beaten for two or three hours longer. And to know when it is well made and well beaten is, when it froths the breadth of three fingers above it. It will keep a twelve month.

It is a very good Coſmetick, it whitens ſmooths and ſoftens the skin, uſe it only three times a week.

To

To wash and prepare night gloves to keep the hands white, smooth and soft.

Take pure white wax four pound, Spermacetis two ounces, oyl of the greater cold seeds cleansed and drawn without fire, and Magistery of Bismuth or Tinglass (prepared as shall be set down afterwards) of each three drams, Borax and burnt Allum finely powdered of each half a dram, put them all into a Pipkin which set in a Kettle of hot boyling water, and when they are melted, stir them well together, to incorporate them. Then having washt first your gloves in several waters and steept them twelve hours in cream dip them in this composition whil'st it is hot.

The said Composition is good also to dip cloaths in and spread them for to line womens masks, it preserves the Complection of Ladies. The Ladies in France *use it for both. It is also a good Cosmetick, anointing the face with it at night going to bed, washing it oft in the morning with some Cosmetick water.*

I have two choice Receipts more for the face (which I Copied out of the said *Countess*'s Book) which *Maria de medicis* the Queen of *France* used her self. The said Countess's mother gave fifty pistols in gold for them to him; who always prepar'd them for the Queen, as was subscrib'd at the bottom of the Receipts. forbear to publish them her; but I shall be very

ry willing (without any Interest) to communicate them to any Lady that shall desire them of me.

The Preparation or Magistery of Bistmuth or Tinglass.

Though this be a Chymical preparation, yet that Ladies may be sure to have it true and well prepar'd, I will set down here directions how any Lady may prepare it with ease and pleasure.

Let a Chymist prepare you an *Aqua fortis* with equal parts of Niter and Allum, but be sure he do not sell you a common one made with Niter and Vitriol. Then take four ounces of Bistmuth, let it be beaten to a fine powder, then wash it so often till the water come from it very clear; then dry it and put it into a small glass cucurbit, set it upon a round, under a chimney, and pour upon it by little and little twelve ounces of your *Aqua fortis*, pour in but about the quantity of a spoonfull the first time, it will presently begin to work upon the Bistmuth, and a thick black smoak will ascend, which being almost past, pour in a little more of your *Aqua fortis*; and the ebulation and fumes being over, pour in more, and so continue til you have pour'd in the twelve ounces of *Aqua fortis*. And if you see that it is not all dissolv'd after having stood some time, set the Cucurbite upon a little sand in an earthen pan, and set the pan upon a Chafing dish of coals, and the

the *Aqua fortis* being warm will ſoon diſſolve all the Biſtmuth; when all is well diſſolv'd let it cool, there will remain a few black feces in the bottom which cannot be diſſolv'd, pour it into a white baſon full of fair water leaving the ſaid black dreggs behind, and it will immediately turn it as white as milk, let it ſtand five or ſix hours until the water be very clear, and the white powder be ſetled to the bottom, pour freſh water upon it and let it ſettle as before, then pour it off gently without ſtirring the powder, and put on freſh fair water; do thus ten or twelve times that the powder may be well dulcified, and freed from all the acrimony of the *Aqua-fortis*; then dry it in the ſhadow between two papers ſpreading it abroad upon the paper.

You ſhall have a pure white Magiſter, which ſome have call'd the white of Pearls; which is a moſt excellent Coſmetick fit for all Deformities of the skin, and to preſerve and beautifie the Complection of Ladies and ſmooth the skin; for which it is recommended by all Authors, and is much in uſe among the Ladies in France; *I have many times prepar'd it for Ladies of great quality at* Paris, *you may make a* Pomatum *with it thus: Take one ounce of white Virgins wax, and four ounces of Oyl of ſweet Almonds, drawn without fire, or four ounces of Oyl of the great Coldſeeds, and one dram of the ſaid Magiſtery, and ſo uſe it either at night or in the morning.*

A rare Cosmetick of Ox-gall.

Take two pintes of Ox-galls, digest it twenty four hours in a bottle set in warm water, then take Roch-allum and Salt of Glass or Sand powder'd, of each half an ounce, mix them with the Oxgalls, and put them together into a Matrass or in the same bottle, stop it carefully, and set it in the Sun shaking the bottle three or four times a day, then filtre it through gray paper, then take one ounce of Porcellane finely powder'd, dissolve it in Spirit of Vinegar, then take Borax and Spermacety of each half an ounce, Sugar candy an ounce and half, Camphir and sweet Sublimate of each one dram and a half; mix them all well together and put them into the bottle, stop it close and set it in the Sun again for ten days, and shake it often; then filtre it again, and keep the Liquor for use.

This preparation is highly esteem'd by all the Noble Ladies in France, *for clearing the Face from Morphew, Freckles, and Sun-burning; and to defend it from Sun-burning. The face must be wash'd with it Evening and morning; and in the morning you may wash afterwards with water of Lillies or Water-lillies. You may travel in the Sun all day long with the face anointed with it, and wash at night to prevent Sun-burning.* Monsieur Charras *hath it in his Royal Dispensatory.*

Dr.

Dr. Scroderus's *Coſmetick of Oxgalls which he highly commends in his Chymical Diſpenſatory is thus.*

Take of Oxgalls what quantity you pleaſe, dry it by degrees in the Sun, then extract a tincture of it with Spirit of Wine, which filtre and keep it for uſe.

It is a moſt excellent Coſmetick procuring a moſt beautiful white Skin even to admiration; the face muſt be anointed with it two or three times over at night, waſhing it the next morning when you make your ſelf ready with Bean-flower water, or water of Water-lillies, or with one of the Coſmetick waters that are ſet down before.

Dr. Scroderus *his Virginal-milk, which is a rare Coſmetick, taking away Freckles and Morphew in the Face.*

Take waters of Night-ſhade, Lettice, Lillies and Sorrel, of each two ounces, mix them together, and diſſolve therein one ounce of Litharge of Silver, white Cerus three drams, Camphir one ſcruple, ſet it in the Sun for ſome days ſhaking it often, then let it ſettle and filtre or ſtrain it.

The Author recommends this highly, not only to Beautifie and whiten the face, but that it is of ſo ſmoothing a nature, that it will make a wrinkled

Brow

Brow ſmooth; it ſtops bleeding and takes off Freckles Morphew and Scabs.

Oyls of Sale, which are ſaid to whiten and beautifie the Face and Skin in other places, and to blanch Pearls and Scarlet being dipp'd therein. You may ſee them in my Book of Sr. Keneln Digby's *Chymical Secrets Printed for me in the Year* 1682.

A Paſte for the hands.

Take bitter Almonds blanch'd half a pound, ſtamp them in a Stone Mortar, ſprinkling them with never ſo little *Aqua vitæ*, then add the yolk of two Eggs, white Honey and Orrice-roots finely powder'd, one ounce, mix and reduce them to a Paſte.

It is Excellent to cleanſe the hands, and eaſily prepar'd. There is no need of wetting it, for it may be uſed as it is.

An Incomparable Balſom for the Hands.

Take Venice Soape diſſolv'd in juice of Lemmons, half a pound; white Virgin Honey two ounces, Venecian Talk, Sugarcandy and Orrice roots all reduced to a fine powder of each half an ounce, Salt of Tartar, Borax and Spermaceti of each two drams, Peruvian Balſom one dram, Oyl of *Lignum Rhodium* Oyl of Cinamon and Cloves of each one ſcruple and a half, and if Ladies like the ſmell of Musk and Amber, they may add ten grains of each.

Cut

Cut the Sap ſmall, and put it into an earthen glaz'd pot, and diſſolve it over a gentle fire, in two ounces of juice of Limons; then add the Honey, the Spermaceti next, with the Balſom: Then take the pot from the fire, and by degrees incorporate the powders, and laſtly the diſtill'd Oyls, and Amber and Musk. The Talk muſt be layd before a quick fire, for a quarter of an hour, then pulverized in a Mortar heated, heating alſo the end of the Peſtle.

This Balſom is of an Incomparable and comfortable Odor. It whitens cleanſes and ſmooths the skin beyond any Paſte or Pomatum that can be prepar'd. 'Tis enough to rub the hands with it; nor is there any need of waſhing afterwards.

CHAP.

Another Perfume.

Take Coals of Roſemary-wood pulverized, Labdanum two ounces, Storax and Benjamin, of each an ounce, Roots of Cyprus, Aromatick Reed, Maſtick, and yellow Amber, of each two drams, Cloves a dram, Muſk, Ambergreaſe, and Civet, of each ten grains; reduce all to a fine Powder, and make it up into little ſhort Candles or Sticks with the Mucilage of Gum Tragant ſteep'd in Orange-Flower-water; dry them, and uſe them as the former.

Another richer Perfume; being pleaſant and wholſom, to perfume Tobacco taken in a Pipe.

Take Balm of *Peru* half an ounce, ſeven or eight Drops of Oyl of Cinamon, Oyl of Cloves five drops, Oyl of Nutmegs, of Thyme, of Lavender, of Fennel, of Aniſeeds (all drawn by diſtillation) of each a like quantity, or more or leſs as you like the Odour, and would have it ſtrongeſt; incorporate with theſe half a dram of Ambergreaſe; make all theſe into a Paſte; which keep in a Box; when you have fill'd your Pipe of Tobacco, put upon it about the bigneſs of a Pins Head of this Compoſition.

It will make the Smoak moſt pleaſantly odoriferous, both to the Takers, and to them that come into the Room; and ones Breath will be ſweet all day after. It alſo comforts the Head and Brains. Approved by Sir *Kenelm Digby*.

A

CHAP. XLII.

Select PERFUMES.

An Excellent Odoriferous Perfume for Chambers and Rooms of Entertainment, much uſed in France.

TAke the powder of Willow coals three ounces, Labdanum two ounces, Storax and Benjamin, of each half an ounce, Maſtick, ſweet Taccamahacca, and yellow Amber, of each two drams; *Lignum Rhodium* a dram and half; reduce them all into a ſubtil Powder, and make them up into ſmall Candles with Gum Tragant ſteep'd in Roſewater, then dry them in the ſhadow; kindle the narrow end of them, and ſet them in a Candleſtick, or heat the Pin of a Save-all, and then thruſt it into the bigger end and ſo ſet it upon a Candle-ſtick.

Another

A Famous Odoriferous ſweet Water call'd the Angel's Water.

Take Roots of *Florence* Orrice and Benjamin, of each an ounce and half, ſelect Storax ſix drams, *Lignum Rhodium* half an ounce, Aromatick Reed, and Labdanum, of each two ſcruples, Flowers of Benjamin a ſcruple; pulverize them all, and put them into a Mattreſs, or in a ſtrong Bottle, and pour upon it a pint of Roſe-water, and half a pint of Orange-flower-water; Stop the Bottle or Mattreſs very cloſe, and ſet it in lukewarm water for twenty four hours; then diſtil in a Cucurbite in *Balneo Mariæ*, and keep the water for Uſe: If you pleaſe you may mix it with Musk and Ambergreaſe; or you may put in it a few drops of the Eſſence of Amber, afterwards ſet down.

This Water is call'd *The Angels-Water*, becauſe of its ſweet and pleaſing Odour; you may, after you have infuſed the Ingredients in the Waters, ſtrain the Infuſion, and having diſſolv'd in it the Musk and Ambergreaſe, keep the Liquor for Uſe, without diſtilling it. Of the Sediments you may make ſweet Bags to put among Cloaths and Linnen.

The Countess of Dorset *her sweet Water.*

Take Rose-Leaves, Bay-Leaves, Lavender, sweet Marjoram, Eglantine, and Pinks, of each two handful; Cloves and Cinamon, of each an ounce; bruise all these, and pour upon them two quarts of strong Ale (that is near the Grounds) let them infuse twenty four hours, then distil it, and draw it till the Ingredients remain almost dry.

The Essence of Musk and Ambergrease drawn with Spirit of Wine.

Take a dram of Ambergrease, and half a dram of Musk, powder them, and put them in a small Mattress with a long Neck, and powr upon them four ounces of Spirit of Wine; then stop it very close, and cut the Cork even with the Neck of the Mattress after you have thrust it in as far as you can, then close it all over with Spanish Wax; then put the Mattress in a little earthen pan with Sand at the bottom, and set it in the Sun in the hottest time of the year, putting behind the Glass a Tin Leaf to receive the Sun-beams, and reverberate them upon the Glass, shake it sometimes, and the Amber and Musk will dissolve in the Spirit of Wine, and will tinge it of a red colour like a Ruby; which powr out into a Glass Vial, which stop well, and tie a Bladder about it.

In

In all things where the Ambergreaſe is uſed, two or three Drops of this Eſſence will go further in the Aromatizing of it, than a whole dram of Ambergreaſe in ſubſtance: One Drop of it Perfumes for ever whatſoever it touches that can imbibe it.

The End of the Medicinal Part.

EXCELLENT DIRECTIONS FOR COOKERY;

TOGETHER WITH

The Deſcription of an Uſeful *ENGIN* ſerving for the ſame; and likewiſe for Diſtilling the Choiceſt and Beſt *Cordial Waters.*

AS ALSO

SELECT RECEIPTS FOR *PRESERVING, CONSERVING,* and *CANDYING,* &c.

WITH A

COLLECTION

Of the Choiceſt Receipts for making of *METHEGLIN, SIDER, CHERRY-WINE,* &c.

The SECOND PART.

LONDON,

Printed by *T. B.* for *G. Hartman* Chymiſt. 1682.

6. It is very convenient for a ſmall Family, or For Lodgers, eſpecially in the Summer time for dreſſing their meat in it, without making a fire which would heat the Room.

7. The Door of the *ENGINE* being ſhut the Lamp where the Spirit burns, is not ſeen; ſo that if any body comes into the Room he will not know what it is, unleſs you ſhew it him.

Of the ſeveral ſorts of Meats, which may with great conveniency be dreſſed in this ENGINE, both the Engliſh *and the* French *way, with Excellent Direction how to do them.*

1. An Excellent and Savoury Fricaſie after the French way, either of Pigeons, Chickens, Veal Lamb, Mutton, Rabbits, Lamb-ſtones or Sweet-breads.

2. A Leg of Lamb boiled.

3. Stewed Veal the French Way.

4. Stew'd Broth the Engliſh way.

5. Stew'd Rabbits the Engliſh way.

6. A Hare ſtewed after the French way, which they call *Lievre en Civette*, which is exceeding Savoury Meat.

7. A Hutch-pot the Dutch way, which is excellent Meat.

8. Pottage both Engliſh and French.

9. Beans and green Peaſe.

10. Milk-Pottage and Rice Milk, Cawdles, and Water-Gruel, *&c.*

11. A Carp in ſhort Broth the French way.

12. Salmon in Short broth.
13. Stewed Eels and ſtewed Oyſters.
14. Stewed Apples, Stewed Wardens, and Prunes *&c*,

An Excellent and Savoury Fricaſie of young Pigeons.

Having cut off the Wings and Legs of them, Cut the Bodies in four quarters, and put them into your Stew-pan or a Pipkin (if you have none of our Engin) put into them ſome Bacon cut in ſquare pieces, with a ſufficient quantity of whole pepper and ſalt, and a few Cloves, and a bundle of Parſly and Thyme tyed up together, an Onion quartered. Then pour thereon ſo much water as may ſcarce reach the top of the meat, let it ſtew eaſily, ſhaking it about once or twice; when they are tender put in a piece of butter, taking out firſt the bundle of Thyme and Parſly; and putting into it ſome freſh parſly ſhred very ſmall, then if you have half a douzen of Pigeons, you muſt take the yolks of three Eggs, and beat them well with a little of the Broth and a little White wine and Verjuice, then pour more of the broth to it, and if you ſee there is too much broth, and that the ſauce would be too long, then pour out ſome of it before you put the Eggs in, for one pottinger full of ſawce will ſuffice for half a douzen of pigeons. Then pour it into the meat, and keep it in motion for a little white to thicken and

and bind the ſauce; or you may thicken it in a Sauce-pan over a gentle fire, and your meat being put into the diſh upon ſippets, pour your ſauce over it, and ſqueeze Oranges over it.

To make an Excellent and ſavoury Fricaſie of Chickens.

Cut your Chickens in ſmall pieces and fry them firſt in Butter, then pour thereon ſome hot broth, or boyling hot water, put therein an onion quartered if you like it, and a little Thyme and Parſly tyed up in a bundle, and ſome whole white pepper-corns with a ſufficient quantity of Salt, and ſome lean Bacon to give it a ſavoury taſte and a few Cloves; let it ſtew eaſily for a quarter of an hour, then take out the bundle of Thyme and Parſly and put into it ſome ſhred Parſly and ſome yolks of Eggs, beaten with a little of the broth, and ſome Verjuice, or White wine and Vinegar; keep it in motion til the ſauce be thickned, then ſerve it up; you muſt order your ſauce ſo that it be but ſhort and thick.

Note, *that if you Stew your Chickens too long, they will be tough; but if you obſerve the time, they will eat exceeding ſhort and tender.*

A Fricaſie of Sucking or other young Rabbits is made in the ſame manner, cutting the Rabbits in ſmall pieces, ſmaller than for ſtewing the ordinary

ordinary way. You muſt order the quantity of Eggs according to the quantity of your meat either more or leſs.

To ſtew a Rump of Beef Mrs. Herbert's *way.*

Take a Rump of Beef, and Seaſon it with pepper, Salt, and Nutmegs grated and mingled together; Seaſon and rub it on the bony-ſide, and lay it in your *Engine* or in a Pipkin with the fat ſide downward. Pour upon it three pintes of Vinegar, and as much water, and three great onions, and a bunch of Roſemary tied up, Stew them three or four hours together with a ſoft fire, being cloſe covered. Then diſh it up upon Sippets with ſome of the Gravy blowing off the Fat from it. *Elder Vinegar is better than ordinary Vinegar.*

To make Red-Deer that will keep a quarter of a year, and is Excellent Meat.

Take a piece of the buttock of Bief, the leaneſt of it; and beat it with a Rowling-pin the ſpace of an hour, till you think you have broken the grain of it, and have made it very open both to receive the ſaucing drink, and alſo to make it tender. Then let it lie two days and two nights in Vinegar and Clarret-wine, of each one pinte, with two Nutmegs beaten. Then take it out and Lard it with Lards as big as your biggeſt finger, Rowl'd in pepper and ſalt. Then

Then take Pepper, Cloves, Mace, and Nutmeg or Jamaica Pepper; Beat and mix them all together, and ſeaſon it very well all over, and ſo Bake it in Pye-paſte, and let it ſtand five or ſix hours in the Oven. Then when it is cold, put it in the ſaucing-drink aforeſaid, and if it be kept cloſe it will keep a quarter of a year.

A moſt Excellent and Savoury Eſtuvee of Veal the French way.

If inſtead of a Fricaſie of Veal, you would have an Eſtuvee, take a Leg or a Fillet of Veal, and cut it into thin ſlices, and beat them with the back of a great knife, and ſtem them ſimpringly in White-wine and water, of each equal parts with a good lump of butter or Bacon, or ſome of them both; ſeaſoning it with pepper and ſalt, a little bundle of Thyme and Parſly, and an Onion if you like it. When it is enough put to it ſome yolks of Eggs, beaten with White-wine and Verjuice or Vinegar, and ſome Nutmeg grated, and ſome ſhred Parſly, pour it into the meat and ſtir it all well together over the fire, till the ſauce be thickned. *It is an Excellent Diſh of Meat.*

To make an Hotchpot.

Take a piece of Brisket-beef, a piece of Mutton, a Knuckle of Veal, a good Cullender of Pot-herbs, Carrots, Onions, and Cabbage, a little

little broken. Boyl all theſe together untill they be very thick.

Another Hotchpot.

Take a Brisket Rand of Beef, any piece of Mutton, and a piece of Veal, put this with ſufficient water into your pot, and after it hath been skimmed, put in a Cullender full of Potherbs, a piece of Cabbage, all half cut; a good quantity of onions whole, ſix Carrots cut and ſliced; let it all boyl till it be almoſt a Gelly, and ſtir it often leſt it burn.

To Stew Beef the French way.

Take good fat Beef, ſlice it very thin into ſmall pieces, and beat it well with the back of a Chopping-knife, then put it into your Stew-pan or Pipkin, and cover it with Wine and Water; and Seaſon it with Spice and ſalt, and put to it a handfull of good herbs, and an Onion with Anchovies, let it boyl two hours: a little before you take it up, put in a few Marigold-flowers, and ſerve it up on Sippets.

The beſt way to make Beef alamode, *which is exceeding good meat.*

Take of the Fillet of Beef and the lean of Pork, ſhred them together and ſeaſon it; then take Bacon and cut it into big Lardons, rowl them

them in Pepper and Salt, and lay them between the meat in the Stew-pan, and let it ſtew eaſily in its own broth, and it will be exceeding ſhort and tender; and will taſte like Veniſon. You may alſo make an excellent Pye or Paſty of this, putting ſome Butter upon it.

To Stew a Hare the French way, which they call Lievre en Civette, *which is Excellent Savoury meat.*

Cut your Hare in ſix or ſeven pieces, then Lard them with great Lardons rowled in Pepper and Salt, then put it into your Stew-pan, with Pepper and Salt, and a few Cloves and an Onion, with a bundle of Thyme and Parſly tyed together; then pour water upon it and half a pinte of White wine; with half a glaſs full of Vinegar, with a few Lawrel Leaves and ſome Orange-peels.

To Bake Pigeons, Teals, or Wild-Ducks, that will keep a quarter of a Year, and are Excellent Meat.

Seaſon them duly with Pepper and Salt, then Bake them in an Oven with ſtore of Butter and ſome Clarret wine; let the Pot be covered, when they are Baked, take out the pot and the Birds out of it, and wipe them very dry; then put them into the pot again without any Liquor, and pour upon them the Butter that was upon

the Liquor, being firſt clarified, and as much Butter more, as needeth to cover them three fingers breadth. Being melted and clarified, they may put a few Bay-leaves between the meat and the Butter.

Excellent Pyes of Red-Deer, made by Sr. Kenelm Digby's *French Cook at* Franckfort.

Lard the lean of the meat very well, with great Lardons rouled in Pepper and Salt; then laying under it a Cake of a fingers thick of Beef-Suet, firſt chopped ſmall and ſeaſoned with pepper and ſalt, then beaten into a Cake fit for the meat, and another ſuch Cake upon the Deers fleſh, then Bake it well in ſtrong Cruſt, and ſoaked two or three hours in the Oven after it is Baked enough, which requireth ſix good hours. If you uſe no Suet, put in Butter enough.

A Savoury and nouriſhing boiled Capon from Count Trino *at* Milan.

Take a fat and fleſhy Capon, or a like Hen; dreſs it in the ordinary manner, and cleanſe it within from the Guts, *&c.* then put in the Fat again into the Belly, and ſplit the Bones of the Legs and Wings (as far as you may, not to deface the Fowl, ſo as the Marrow may diſtil out of them; add a little freſh Butter and Marrow to it; ſeaſon it with Salt, Pepper, and what other Spice you like, as alſo ſavoury Herbs.

Put

Put the the Capon with all theſe Condiments into a large, ſtrong, ſound Bladder of an Oxe, (firſt well waſhed and ſcowred with red Wine) and tie it very cloſe and faſt at the top, that nothing may owſe out, nor any water get in (and there muſt be void ſpace in the Bladder, that the Fleſh may have room to ſwell and ferment in; therefore it muſt be a large one) put this to boil for a couple of hours in a Kettle of water, or till you find by touching the Bladder, that the Capon is tender and boiled enough. Then ſerve it up in a Diſh, in the Bladder (dry-wiped) which when you cut, you will find a precious and nouriſhing Liquor to eat with Bread, and the Capon will be ſhort, tender, moſt ſavoury, and full of Juice, and very nouriſhing.

I conceive that if you put enough Oxe-Marrow, you need no Butter, and that it may do well to add Ambergreaſe, Dates ſliced and pithed, Raiſins, Currans, and a little Sugar; I ſuppoſe Gravie of Mutton may not be amiſs.

Peradventure this might be done well in a Silver Flagon cloſe luted, ſet in *Balneo bulliente*, as I make the nouriſhing Broath or Jelly of Mutton or Chickens, *&c.*

To bake Mutton after Veniſon faſhion.

Take a large fat Loin of Mutton (or two) boned after the manner of Veniſon; ſeaſon it well to your Taſte with Pepper and Salt; then

lay it to ſteep all night in enough of the Sheeps Blood, to cover it over and ſoak well into it; then lay it into the Paſte with all the clotted thick Blood under it, upon it, and hanging about it. You may ſeaſon the Blood with Pepper and Salt before you lay the Meat in it; but though you do not, it will not be amiſs, ſo as the Meat be ſeaſoned high enough. Then bake it as you do an ordinary Paſty; and you may put Gravy of Mutton or ſtrong Broth into it; you may do it in a Diſh with Paſte, as my Lady of *Newport* doth her Veniſon. This way of ſteeping in Blood before you bake it, is very good alſo for Veniſon.

My Lady Glin *uſeth her Veniſon Paſties thus:*

Boil the Bones (well broken) and remaining Fleſh of the Veniſon from whence the Meat of the Paſty is cut, in the Liquor wherein Capons, and Veal, or Mutton have been boiled, ſo to make very ſtrong Broth of them. The Bones muſt be broken, that you may have the Marrow of them in the Liquor; and they muſt ſtew a long time (covering the Pot cloſe) that you may Make the Broth as ſtrong as you can; and if you put ſome Gravy of Mutton or Veal to it, it will be the better. When the Paſty is half baked, powr ſome this Broth into it, by the hole at the top, and the reſt of it when it is quite baked, and wanteth but ſtanding in the Oven to ſoak; *Quære*, rather to put it all in at once when

when the Pasty is sufficiently baked, and afterwards let it remain in the Oven a good while soaking. You may bake the bones (broken) with the Broth and Gravy, or for want thereof, with only water, in an earthen pot close stopped, till you have all the Substance in the Liquor, which you may powr into the Pasty an hour before it is baked enough.

If you are in a Park, you may soak the Venison in the Blood of the Deer, and cover the flesh with it clotted together when you put it in Paste. Mutton Blood also upon Venison is very good. You may season your Blood a little with Pepper and Salt.

To bake Venison in Pots to keep all the Year.

After you have boned and skinn'd it, proportion it as you would have it to the bigness of your pots, then to make your Season for it, take of black Pepper two parts, and one of white; take of Nutmegs, Cloves and Ginger, a like quantity; mingle it with your Pepper, so as not to make it so high as the Pepper, and put thereto a sufficient quantity of Salt; with this season your Venison, and as you lay it into the Pots, have some small flakes of Mace, and Bay Leaves, and young Onions, and lay a Lay of them in the bottom, middle and top, and on the top add to it a little whole white Pepper, let your Pots be set into a very hot Oven, and let them stand full seven hours; then draw them,

and turn the Pot with the bottom upwards; after a while all the Gravy will be run out, and then take the Pot eaſily off, and pull from the Meat the Onions and Leaves as clean as you can, and put your Pots gently on again, and let them ſtand ſo long until the Fat of that which came out of the Pots be ſo cold, that it may be taken off the Gravy; then melt this Fat again, and ſo far as it will go when it is clean ſcumm'd, put in each Pot an equal proportion, then take of good ſweet Butter ſuch a quantity as will fill up the Pots to be three Inches above the Veniſon, but be ſure the Butter be very well clarifi'd, then after two days ſtanding, tie it very cloſe with Paper and Leather, that it take no Air.

Do it the ſame way leaving out the Onions if you pleaſe.

To Souce a Turkey like Sturgeon or Brawn my Lady Cornwallis *her way.*

Take a good fat Turkey or two, dreſs them clean, and bone them; then tie them up in the manner of a Sturgeon, with ſomething clean waſhed; take your Kettle and put into it a pottle of good white Wine, a quart of Water, and a quart of Vinegar, make it boil, and ſeaſon it with Salt pretty well, then put in your Turkeys, and let them boil til they be very tender; when they are enough boiled, take them out, and taſte the Liquor, if it be not ſharp enough, put more Vinegar, and let it boil a little;

tle; then put it into an earthen Pot that will hold both Turkeys; when it is cold enough, and the Turkeys through cold, put them into the Liquor in the pot, and be ſure they be quite covered with the Liquor; let them lie in it three weeks or a month, then ſerve it to the Table as Sturgeon, with Fennel on it, and eat it with Elder-Vinegar.

You may do a Capon or two put together, in the ſame manner; but firſt larding it with great Lardons rouled in Pepper and Salt. A ſhorter time lying in the Pickle will ſerve.

To pickle Capons; my Lady of Portland's *Freneh Cook.*

Take two large fleſhy Capons, not too fat, when you have drawn and truſs'd them, lay them upon a Chafing-diſh of Charcole to ſinge them, turning them on all ſides till the Hair and Down be clean ſinged off; then take three pound of good Lard, and cut it into Larding-pieces about the thickneſs of a two-peny Cord, and Lard it well, but firſt ſeaſon your Bits of Lard with half an ounce of white Pepper, and a handful of Salt, then bind each of them well over with Packthred, and have ready over the fire about two gallons of Beef-Broth, and put them in a little before it boils, when they boil, and are clean ſcummed, then put in about ſix Bay Leaves, a little bunch of Thyme, two ordinary Onions ſtuck full of Cloves, and Salt, if it

be not already ſalt enough for pickle; when it has boil'd about half an hour, put in another half ounce of beaten white Pepper, and a little after put in a quart of white Wine; ſo let it boil, until it has boil'd in all an hour, and ſo let it lie in the pickle till you uſe it, which you may do the next day, or any time within a fortnight; inſtead of Broth, you may uſe Water, which is better, in caſe you do four or ſix, which of themſelves will make the Pickle ſtrong enough.

If you will keep them above four days, you muſt make the Pickle ſharp with Vinegar. See See my Lady *Cornwallis* pickl'd Turkies in her foregoing Receipt.

My Lady Newport's *bak'd Veniſon.*

My Lady *Newport* bakes her Veniſon in a Diſh, thus: A Side or a Hanch ſerves for two Diſhes. Seaſon it as for a Paſty; liue the Diſh with a thin Cruſt of good fine Paſte, but make it pretty thick upwards towards the brim, that it may be there Pudding Cruſt. Lay then the Veniſon in a round piece upon the Paſte in the Diſh; that muſt fill it up to fill the Pudding, but lie at eaſe. Put over it a Cover, and let it over-reach upon the Brim with ſome carved Paſty-work to grace it, which muſt go up with a Border like a Lace, growing a little upwards upon the Cover, which is a little arched up, and hath a little hole in the top, to powr in unto the Meat

the

the ſtrong well-ſeaſoned Broth that is made of the broken Bones and remaining lean Fleſh of the Veniſon. Put a little more Butter or Beef-Suet to the Veniſon before you put the Cover on, unleſs it be exceeding fat. This muſt bake five or ſix hours or more, as an ordinary Paſty. An hour or an hour and half before you take it out to ſerve it up, open the Oven, and draw out the Diſh far enough to powr in at the little hole of the Cover the ſtrong Decoction of the broken bones and fleſh; inſtead of a Decoction in water, you may boil it by it ſelf in *Balneo*, *in duplici vaſe*, or bake it in a pot with Broth and Gravy of Mutton; then ſet it in again, to make an end of its baking and ſoaking. The Meat within (even the Lean) will be exceeding tender and like a Jelly, ſo that you may cut all of it with a Spoon. If you bake a Side at once in two diſhes, the one will be very good to keep cold; and when it is ſo, you may (if you pleaſe) bake it again to have it hot, not ſo long as at firſt, but enough to have it all perfectly heated through. She bakes thus in Pewter Diſhes of a large ſize.

Mutton or Veal may be thus baked with their due ſeaſoning; as with Onions, or Onions and Apples, or Larding, or a Cawdle, *&c.* Sweet-breads, Beatilles, Champignons, Treuffles, *&c.*

My Lady of Monmouth *Boyleth a Capon with White-Broath thus:*

Make reaſonable good Broath, with the ſcrag-ends of Necks of Mutton and Veal: (of which you muſt have ſo much as to be at leaſt three quarts of White-broath in the diſh with the Capon, when all is done, elſe it will not come high enough upon the Capon) beat a quarter of a pound of blanched Almonds with three or four ſpoonfuls of Cream; and if you will, a little Roſe-water, then add ſome of the Broth to it; ſo to draw out all their ſubſtance, mingling it with the reſt of the broth. Boyl your Capon in fair water by it ſelf, and a Marrow-bone or two by themſelves in other water; likewiſe ſome Cheſnuts (inſtead of which you may uſe Piſtacheos, or macerated pine kernels) and in other water, ſome Skirrets or Endive, or Parſley roots, according to the ſeaſon. Alſo plump ſome Raiſins of the Sun, and ſtew ſome ſliced with Sugar and water, when all is ready to joyn, beat two or three new layd eggs (whites and all) with ſome of the white broth that muſt then be boyling, and mingle it with the reſt, and let it boyl on; and mingle the other prepared things with it, as alſo a little ſliced Oringiado, (from which the hard Candy Sugar hath been ſoaked off with warm water, or a little pill of Orange, (or ſome Limon pickled with Vinegar and Sugar, ſuch as ſerves for Sallets) which you

you throw away after it hath been a while boyled in it; and put a little Sack to your broth, and ſome Amber-greaſe if you will, and a ſmall portion of ſugar; and laſt of all, put in the marrow in lumps that you have knocked out of the boyled bones. Then lay your Capon taken hot from the Liquor he is boyled in, upon Sippets and ſlices of toaſted, dryed, light bread, and pour your broth and mixture upon it, and cover it with another diſh, and let all ſtew together a while: then ſerve it up.

Of Boyling the Capon in the weak broath of Mutton and Veal, inſtead of water; ſo to make the broth the better.

You muſt remember to Seaſon your Broth in the due time, with Salt and ſuch Spices as you like.

Minced-Pyes.

My Lady *Luſſon* makes her fineſt Minced-Pyes of Neats-Tongues, but ſhe holdeth the moſt ſavoury ones to be of Veal and Mutton equal parts, very ſmall minced. Her fineſt Cruſt is made by ſprinkling the flower (as much as it needs) with cold water, and then working the paſte with little pieces of raw butter in a good quantity; ſo that She uſeth neither hot water nor melted Butter in them; and this makes the Cruſt ſhort and light. After all the meat and Seaſoning, and Plumbs and Citron-Peel &c. is in the Coffin, She puts a little ambered

bered Sugar upon it, thus: Grinde much two grains of Amber-greaſe, and half a one of Musk, with a little piece of hard Loaf-ſugar. This will ſerve ſix or eight Pyes ſtrewed all over the top, then cover it with the lid, and ſet it in the Oven.

To Roaſt fine Meat.

When the Capon, Chickens or Fowl, have been long enough before the fire to be through hot, and that it is time to begin to baſte them; baſte them once all over very well with freſh Butter, then preſently Powder it all over very thin with flower. This by continual turning before the fire, will make a thin cruſt, which will keep in all the juice of the meat: therefore baſte no more nor do any thing to it till the meat be enough roaſted: Then baſte it well with Butter as before, which will make the Cruſt relent and fall away; which being done, and that the meat is growing brown on the outſide, beſprinkle it over with a little ordinary white ſalt in groſs grains, and continue turning till the outſide be brown enough.

The Queen uſeth to baſte ſuch meat with yolks of freſh Eggs beaten thin; which continue to do all the while it is Roaſting.

Savoury Collops of Veal.

Cut a Leg of Veal into thin Collops, and beat them well with the back of a knife, then lay them in ſoak a good half hour, in the yolks of four Eggs, and two whites very well beaten; and a little ſmall ſhredded Thyme mingled with it, then lay them in the Frying-pan wherein is boyling butter, and pour upon them the reſt of the Eggs that the Collops have not imbibed and carried with them, and fry them very well, turning them in due time. Then pour away all the butter, and make them a ſauce of Gravy, ſeaſoned with Salt and Spice and juice of Orange at laſt ſqueezed upon them.

To make Excellent Hare-pyes.

Mrs [illegible]le makes Excellent Hare Pyes, thus: [illegible]he fleſh of as many Hares as you pleaſe very ſmall, then beat them ſtrongly in a Mortar into Paſte, which Seaſon duly with Pepper and Salt, Lard it throughly all over with great Lardons of Lard, well rowled in Pepper and Salt; put this into a ſtraighter earthen pot to lie cloſe in it. If you like Onions, you may put one or two quartered into the bottom of the Pot, put ſtore of ſweet butter upon the meat, and upon that ſome ſtrong red, or Clarret wine. Cover the Pot with a double ſtrong brown Paper, tyed cloſe about the mouth of it; ſet it to

Bake

Bake with Houſhold bread (or in an Oven as a Veniſon Paſty) for eight or ten hours, then take it out the pot, and thence the meat, and Pour away all the Liquor, which let ſettle, then take all the congealed Butter, and clarifie it well; put your meat again into the pot, and put upon it your clarified butter, and as much more as is neceſſary; and I believe the putting of Clarret wine to it is better now; and to omit it before. Bake it again, but a leſs while, pour out all the Liquor when it is baked, and clarifie the Butter again, and pour it upon the meat, and ſo let it cool, The Butter muſt be at leaſt two or three fingers breadth over the meat.

To Stew a Breaſt of Veal.

Take a Breaſt of Veal half Roaſted, and put it a Stewing with ſome Wine and Gra[illegible]y, three or four yolks of Eggs minced ſma[illegible] pretty quantity of ſweet herbs with an Onio[illegible], Anchovies or Limon, ſtick it either with Thyme or Limon Peels, and ſeaſon it to your liking.

To Stew Beef.

Take very good Beef, and ſlice it very thin, and beat it very well with the back of a knife, put to it the gravy of ſome meat, and ſome wine or ſtrong broth, ſweet herbs a quantity, let it ſtew till it be very tender, ſeaſon it to your liking, and garniſh your diſh with Marygold flowers or Barberries.

It

A Sallet of cold Capon.

It is a good Sallet, to ſlice a cold Capon thin, mingle with it ſome Sibbalds Lettice, Rocket, and Tarragon ſliced ſmall, ſeaſon all with Pepper ſalt Vinegar and Oyl, and ſliced Limon, a little Origanum doth well with it.

Tender Brawn ſliced thin, and layed Salletwiſe in a diſh as the ſliced Capon, and ſeaſoned with Pepper, Salt, Vinegar, and Oyl, with a little Limon; is alſo a very good Sallet.

Marrow-Puddings.

Take the pith of Beeves, a good ſpoonful of Almonds, very ſmall beaten with Roſe water, beat the pith when the skin is taken off very well with a ſpoon, then mingle it with the Almonds, and put in it ſix yolk of Eggs well beaten, and four ſpoonfuls of Cream boyled and cold, it muſt be very thick; put in a little Ambergreaſe, and as much Sugar as will ſweeten them, and a little ſalt, and the marrow of two good bones cut in little pieces. When your Beeves Guts are ſeaſoned, fill them up and boyl them.

To make Excellent Black Puddings.

Take a quart of Sheeps bloud, and a quart of Cream, ten Eggs, the yolks and the whites beaten well together, ſtir all this Liquor very well, then thicken it with grated bread and Oatmeal

Oatmeal finely beaten, of each a like quantity; Beef-ſuet finely ſhred, and marrow in little Lumps; Seaſon it with a little Nutmeg and Cloves and Mace, mingled with ſalt, a little ſweet Marjoram Thyme and Penny-royal ſhred very well together, and mingle them with the other things; ſome put in a few Currans, then fill them in cleanſed Guts and boyl them carefully,

To make a Shoulder of Mutton like Veniſon.

Save the bloud of your Sheep, and ſtrain it, take grated bread almoſt the quantity of a penny loaf, Pepper, Thyme, chopt ſmall, mingle theſe Ingredients with a little of the bloud, and ſtuff the Mutton, then wrap up your ſhoulder in the Cawl of your Mutton, and lay it in the bloud twenty four hours, prick the ſhoulder with your knife to let the bloud into the fleſh, and ſo ſerve it with Veniſon ſawce.

To make Spinage-broath

Take Strong broth, and boyl a Neck of mutton and a Marrowbone in it, and skim it very well, then put in half a pound of French Barley, and a bundle of ſweet herbs, and two or three blades of large Mace, let theſe boyl very well, then mince half a peck of Spinage, and two great Onions very ſmall, and let it boyl one hour or more, Seaſon it with Salt as you pleaſe, and

and ſend the Mutton and the Marrow bone in a diſh with French bread or Manchet, to the Table.

To make a boyled Sallet of Spinage; put the herbs without any Liquor in a diſh upon a Chafing-diſh of coals, and ſtir them continually for fear of burning, and much moiſture will ſtew out from them in half, or three quarters of an hour; Squeeze away all the Liquor you can wring out. Then ſtew the dry herbs very well with ſtore of freſh Butter.

Monſieur de Bourdeaux *uſed to take in a Morning, a Broth thus made.*

Make a very good Broth (ſo as to gelly when it is cold) of a lean piece of a Leg of Veal, the crag end of a Neck of Mutton and a Pullet, ſeaſoning it with a little ſalt, Cloves, and pepper, to your mind. [Mrs. *S. K.* uſed to put ſtoned Raiſins and Currans to it] Beat ſome of it with a handfull of blanched Almonds, and twenty husked ſeeds of Citron, and ſtrain it to the whole; put Sugar to it, and ſo drink it warm as an emulſion.

Another.

Make ſtrong Broth with a piece of Beef, Mutton, and Veal, adding a piece of the ſinnews of the Leg of Beef; ſeaſoning it with two great Onions quartered, ſome Cloves and white Pepper, in due time, put in a Capon, or take ſome

Broth out to boyl it in. But before you put in the Capon, take out some of the broth, in which Boyl and Stew Turneps first prepared thus: fry them in scalding Butter till they be tender, then take them out with a holed skimmer, and lay them in a holed dish warmed set in another whole dish. When all the Butter is quite drayned out stew them in a Pipkin in the Broth as is said above. When you will make up your pottage, put some Ladles full of the broth of the great Pot (driving away the fat with your Ladle) upon slices of scorched bread in a deep dish. Let this mittonner a while, then lay the Capon upon it, and pour the Turneps and broth of them over all. A Duck in lieu of a Capon, will make very good pottage, but then it is best to fry that first as the Turneps, then Boyl it.

Monsieur Vidales *good Potage* de sante *is thus made.*

Make a good and well Seasoned *Bouillon* with lean Beef, Mutton, and Veal; in which boyl a Capon: Boyl with it either Cabbage or Turneps or whole Onions, the first two you put into the broth all over the dish; but the Onions you lay all round the brim when you serve it in. Whilst the meat is boyling to make the *Bouillon*, you must rost a fleshy piece of Beef, (without fat) of two or three pound; and when it is half rosted, squeeze out all the juice, and put the flesh into the Pot with the rest of the meat to Boyl; which

which will both colour and ſtrengthen it. When you find your *Bouillon* good, pour it into the diſh where your bread lyeth ſliced (which muſt be very light and ſpongy) and dryed firſt, after it is ſliced (and let it mittonner a little, then pour the gravy of Beef upon it (or of mutton) and lay your Capon upon it, and lay on your Roots round about it. It is beſt to boyl by themſelves in ſome of the *Bouillon* in a Pot apart, the Roots or Onions.

A good Pottage for Dinner is thus made.

Boyl Beef, Mutton, Veal *volaille*, and a little piece of the lean of a Gammon of the beſt Bacon, with ſome quartered onions (and a little Garlick, if you like it) you need no ſalt if you have Bacon; but put in a little Pepper and Cloves. If it be in the Winter, put in a bundel of ſweet herbs, or whole Onions or Roots or Cabbage, if Seaſon of herbs, boyl in a little of the broth a part, ſome Lettice, Sorrel, Borage, and Bugloſs &c. till they be onely well mortified. If you put in any gravy, let it boyl or ſtew a while with the broth; put it in due time upon the toaſted bread to mittoner &c. If you boyl ſome half roaſted meat with your broth it will be the better.

Another.

Make a good Strong broth of Veal and Mutton, then take out the Meat, and put into it a good Capon or Pullet, but firſt, if it be very fat, parboyl it a little to take away the oylineſs of it, and then put into the broth, and when it hath boyled a little therein, put in ſome grated bread a faggot of ſweet herbs, two or three blades of Mace, and a peell'd Onion, when it is ready to be diſh'd up, take the yolks of ſix Eggs, beat them very well with two or three ſpoonfuls of White wine. Then take the Capon out of the broth, and thicken it up with the Eggs, and ſo Diſh it up with the Capon, and toaſts of White bread, or ſlices which you pleaſe, and have ready boyled the Marrow of two or three bones, with ſome tender boyled white Endive, and ſtrow it over the Capon.

Quer. Of Beating ſome blanched Almonds with ſome of the broth, and then putting it to the reſt whilſt it is Stewing.

For plain Savoury Engliſh Pottage.

Make it of Beef, Mutton and Veal, at leaſt adding a Capon, Pullet or Pigeons. Put in at firſt a quartered onion or two, ſome oatmeale or French Barley, ſome bottom of a Veniſon Paſty Cruſt, twenty whole grains of pepper, four or five Cloves at leaſt, and a little bundle of ſweet herbs, ſtore of Marigold flowers. You may put in Parſley or other herbs.

A.

A good Savoury Strong Broth as it was made for the Queen *on mornings.*

Make very good Broth, with ſome lean of Veal, Beef, and Mutton; and with a brawny Hen or young Cock. After it is ſcummed, put in an Onion quartered (and if you like it a clove of Garlick) a little Parſly, a ſprig of Thyme, as much Mint, a little Baum, ſome Coriander ſeeds bruiſed, and a very little Saffron; a little Salt, Pepper and a Clove. When all the ſubſtance is boyled out of the meat, and the broth very good, you may drink it ſo; or pour a little of it upon toaſted ſliced bread and ſtew it till the bread have drunk up all that broth; then add a little more, and ſtew; ſo adding broth by little and little, that the bread may imbibe it and ſwell, whereas if you drown it at once, the bread will not ſwell, and grow like Jelly; and thus you will have a good Pottage. You may add Cabbage or Leeks, or Endive, or Parſly Roots, in the due time before the broth hath ended boyling, and time enough for them to become tender. In the Summer you may put in Lettice, Sorrel, Purſlane, Borage, and Bugloſs, or what other Pot-herbs you like. But green herbs do rob the ſtrength and vigour and cream of the Pottage.

The Queens *ordinary* Bouillon de ſante *in a morning, was thus:*

A Hen, a handful of Parſley, a ſprig of Thyme, three of Spearmint, a little Baum, half a great Onion, a litle Pepper and ſalt, and a Clove; as much water as would cover the Hen; and this boyled to leſs than a pinte, for one good pottinger full.

An Excellent and wholſom Water-grewell is thus made.

Into a Poſnet of two quarts of water, beſides the due proportion of beaten Oatmeale, put two handfuls of Wood-ſorrel a little chopped and bruiſed, and a good quantity of picked and waſhed Currans tyed looſely in a thin ſtuff bag, (as of Bolter cloath) boyl theſe very well together, ſeaſoning the Compoſition in due time with Salt, Nutmeg, Mace, or what elſe you pleaſe; as Roſemary, &c. when it is ſufficiently boyled, ſtrain the Oatmeal, and preſs out all the juice and humidity of the Currans and herbs, throwing away the inſipid husks; and ſeaſon it with ſugar, and butter, and to each pottinger-full two ſpoonfuls of Rheniſh wine and the yolk of an Egg.

Veniſon or Mutton &c. is well baked in a Lattin Coffin; but then you muſt Line it within with Paſte to have Pudding Cruſt, and cover it with

with Paſte as a Veniſon Paſty. The Coffin muſt be near a hands breadth high, and more long than broad. You may have of ſeveral ſizes, to Bake from a Side of Veniſon to half or a quarter. To Bake Mutton &c. in a Stewing manner, you muſt have a Cover to it of the ſame, like a Box.

To make ordinary plain wholſome Poſſet, when you Sup not, Do thus:

Put a Pinte of good milk to boyl; as ſoon as it doth ſo, take it from the fire, to let the great heat of it cool a little; for doing ſo, the Curd will be the tenderer, and the whole of a more uniform conſiſtence. When it is pretty well cooled, pour it into the pot, wherein is about two ſpoonfuls of Sack, and about four of Ale, with ſufficient Sugar diſſolved in them. So let it ſtand a while near the fire, till you eat it.

Mr. May makes thus his Smallage Grewell, that he takes conſtantly for his Breakfaſt (and after his Pellets of Butter and Liquorice) in the Spring. In a Marble Mortar beat great Oatmeale to meal (which requireth long beating) then boyl it three or four hours in Spring-water, to a Poſnet full of two or three quarts of water, he putteth not above half a pottinger full of Oatmeale, before it is beaten; for after beating, it appeareth more. To this quantity he puts as much Smallage as he buyeth for a pen-

ny, which maketh it ſtrong of the herb, and very green. Chop the Smallage exceeding ſmall, and put it in about a good half hour before you are to take your Poſnet from the fire. You are to ſeaſon your grewell with a little ſalt at the due time; and you may put a little Nutmeg and Mace to it. When you have taken it from the fire, put into it a good proportion of Butter, which ſtir well, to incorporate with the Grewell, when it is melted.

Grewel of Oatmeal and Rice.

Doctor *Pridion* ordered my Lord *Cornwallis* for his chief Diet in his Looſeneſs, the following Grewel; which he found very taſtful:

Take about two parts of Oatmeal well beaten in a Mortar, and one part of Rice in ſubtil Powder; boil theſe well in water, as you make Water-Grewel, adding a good proportion of Cinamon to boil alſo in due time; then ſtrain it through a Cloth, and ſweeten it to their Taſte. The Yolk of an Egg beaten with a little Sherry Sack, and put to it, is not bad in a Looſneſs; at other times you may add Butter; it is very taſtful and nouriſhing.

To make a pleaſant and wholſom Flummery Candle.

Take ſome Lumps and Spoonfuls of Flummery when it is cold, boil it with Ale and white Wine, then ſweeten it with Sugar to your Taſte.

A

A Nouriſhing Almond-Cawdle for weak Perſons.

Take four ounces of blanched Almonds, ſtamp and ſtrain them with a quart of good Ale, then boil it gently, and put to it the yolks of two new-laid Eggs, and ſeaſon it with Sugar; it is very nouriſhing for weak Perſons.

Another ſtrengthening Cawdle.

Take a quart of the beſt ſtrong Ale-wort of the firſt running, and put into it three Dates ſhred ſmall, one Nutmeg grated, a ſmall ſtick of Cinamon, and three Leaves of Comfry, boil them all together to a pint, then put thereto half a pound of of the Pith of an Oxe, and a pint of good Muſcadine; let it boil three or four walms, and then add a pint of red Roſe-water, and twelve yolks of Eggs, ſweeten it with white Sugar candy to your Taſte.

An Emu'ſion or Almond-Milk, to ſtrengthen, cool, and to induce Sleep.

Take half a pound of blanched Almonds, beat them in a Mortar, ſprinkling them now and then with Barly-water, then when they are well beaten, put more Barly water to them, and ſtrain it through a Cloth; beat the Almonds again with that remaineth in the Cloth, and ſtrain them again with more Barly-water; do this

this again till you get all the Milk out of the Almonds, and that you have employed a quart of Barly-broth; then put them to two ounces of Roſe-water, and four ounces of fine Sugar, and ſo drink it.

Very good Oatmeal Pap, by Dr. Colladon.

Put beaten Oatmeal to ſoak an hour or two in Milk, as you do in Water when you make Flummery, then ſtrain it out into a Poſnet through a fitting Strainer; and if you judge it too thick of the Oatmeal for ſufficient boyling, add more Milk to it: Set this to boil, putting then into it a Lump of Sugar (about as big as a little Walnut) and ſtir it well all the while, that it burn not to. About an hours boyling is ſufficient; by which time it ſhould be grown pretty thick; put then a good Lump of freſh Butter to it, which being well melted and ſtirred into the Pap, and incorporated with it, take it from the fire, and put it into a Diſh, and ſtrew ſome fine Sugar upon it, or mingle ſome Sugar with it to ſweeten the whole quantity. You may ſeaſon it alſo with Roſe-water, or Orange-flower-water, or Ambergreaſe, or ſome Yolks of new-laid Eggs. You may put in a very little Salt at the firſt.

Wheaten

Wheaten Flummery.

In the West-Countrey they make a kind of Flummery of Wheat-flower, which they judge to be more hearty and pleasant than that of Oatmeal, thus; Take half or a quarter of a Bushel of good Bran of the best Wheat (which containeth the purest Flower of it, though little) and is used to make Starch, and in a great wooden Bowl or Pail let it soak with cold water upon it three or four days; then strain out the Milky water from it, and boil it to a Jelly, or like Starch; which you may season with Sugar and Rose and Orange-flower-water, and let it stand till it be cold and gellied; then eat it with White or Rhenish Wine, or Cream, or Milk, or Ale.

Pap of Oatmeal-Panado.

Beat Oatmeal small, put a little of it to Milk, and let it boil stewingly till you see that the Milk begins to thicken with it; then strain the Milk from the Oatmeal (this is, as when you soak or boil out the Substance of Oatmeal with Water, to make Flummery) then boil up that Milk to the height of Pap; which sweeten with a little Sugar, and put to it some yolks of Egg dissolved in Rose or Orange-flower-water, and let it mittoner a while upon a Chasing-dish; (*quære*, of a little Sack, if it turn not the Milk)

and

and a little Butter, if you like it; you may boil a little Mace in the Milk.

Another.

Beat a couple of new-laid Eggs in good, clear Broth; heat this a little, ſtirring it all the while; then powr this upon a Panado (made thick) of the ſame Broth; and keep them a little upon the Chafing-diſh to incorporate, ſtirring them all the while; *quære* of putting to it a little Wine: alſo, Juice of quick Oranges.

To ſtew Wardens or Pears.

Pare them, put them into a Pipkin, or into our Engin, with ſo much red or Claret Wine and Water, of each at much as will near reach to the top of the Pears; ſtew or boil them gently till they grow tender, which may be in two hours; after a while, put in ſome ſticks of Cinamon bruiſed, and a few Cloves; when they are almoſt done, put in Sugar enough to ſeaſon them well, and their Syrup; which you powr out upon them in a deep Plate.

To ſtew Apples.

Pare them, and cut them into Slices; ſtew them with Wine and Water as the Pears, and ſeaſon them in like manner with Spice; towards the end ſweeten them with Sugar, breaking the Apples

Apples into Pap by ſtirring them. When you are ready to take them off, put in good ſtore of freſh Butter, and incorporate it well with them, by ſtirring them together. You ſtew theſe between two Diſhes; the quickeſt Apples are the beſt.

A Sack-Poſſet as Sir Kenelm's *Houſe-keeper made it for him.*

Take three pints of Cream, boil in it a little Cinamon, a Nutmeg quartered, and two ſpoonfuls of grated Bread, then beat the yolks of twelve Eggs very well with a little cold Cream, and a ſpoonful of Sack; when your Cream has boil'd about a quarter of an hour, thicken it up with the Eggs; then ſweeten it with Sugar, and take half a pint of Sack, and ſix ſpoonfuls of Ale, and put it into the Baſon or Diſh you intend to make it in, with a little Ambergreaſe (if you pleaſe) then powr your Cream and Eggs into it, holding your hand as high as conveniently you can, gently ſtirring in the Baſon with a Spoon as you powr it: ſo ſerve it up. If you pleaſe you may ſtrew Sugar upon it.

You may ſtrew Ambered Sugar upon it as you eat it, or Sugar beaten with Cinamon, if you like it.

Sillibubs

Sillibubs, by the Lady Middlesex.

My Lady *Middlesex* makes Sillibubs for little Glasses with Spouts, thus; Take three pints of sweet Cream, one of quick white Wine (or Rhenish) and a good Wine-Glass full (better than a quarter of a pint) of Sack; mingle with them about three quarters of a pound of fine Sugar in powder: Beat all these together with a whisk till all appeareth converted into Froth. Then powr it into your Sillibub-Glasses, and let them stand all Night. The next day the Curd will be thick and firm above, and the Drink clear under it. I conceive it may do well to put into each Glass when you powr the Liquor into it, a Sprig of Rosemary a little bruised, or a little Limon-peel, or some such thing to quicken the Taste; or use Amber-Sugar, or Spirit of Cinamon, or of *Lignum Cassiæ*, or Nutmegs, or Mace, or Cloves, a very little.

A Receipt for a Tansie.

Spinage, Sorrel, Tansie, Wheat, a Quart of Cream, Bread (the quantity of a twopeny Loaf) twenty Eggs, and half the Whites, one Nutmeg, half a pound of Sugar, and the Juice of a couple of Limons.

Spinage is the chief Herb to have the Juice; Wheat also is very good, when it is young and tender.

tender. You must not take much Sorrel, for fear of turning the Cream, but less Tansie; so little that it may not taste distinctly in the composition; I doubt there is too much Bread. The Juice of Limons is put in at the end of all. You may lay thin Slices of Limon upon the Tansie made, and Sugar upon them.

To make a Cake my Lady Cambden's *Way.*

Take three pound and a half of Flower, a penniworth of Cloves and Mace, and a quarter of a pound of Sugar and Salt, and strew it on the Flower, there being a hole in the middle; then take the yolks of eight Eggs well beaten with a spoonful and half of Rose-water; take likewise a pint of thick Cream, and a pound of Butter, melt them together, and when it is so, take three quarters of a pint of Ale-yeast, and mingle the yeast and Eggs together; then take the warm Liquor, and mingle all together; when you have done, take all and powr it into the Bowl, and so cover the Flower over the Liquor, then cover the Pan with a Napkin, and when it is risen take four pounds of Currans well wash'd and half a pound of Raisins sliced, and let them be well dried and hot, and so stir them in; when 'tis risen, have your Oven hot against the Cake is made, and let it stand three quarters of an hour; when it is half baked, Ice it over with fine Sugar and Rosewater, and the Whites of Eggs, and Musk and Ambergrease.

When

When you mingle your yeaſt and Eggs together for the Cake, put Musk and Amber to that.

To make a good Cake as Sir Kenelm's *Houſe keeper made it for him.*

Take four quarts of fine Flower, two pound and a half of Butter, three quarters of a pound of Sugar, four Nutmegs, a little Mace, a pound of Almonds finely beaten; half a pint of Sack, a pint of good Ale-yeaſt, a pint of boil'd Cream, twelve Yolks and four Whites of Eggs, four pound of Currans: When you have wrought all theſe into a very fine Paſt, let it be kept warm by the Fire half an hour before you ſet it into the Oven. If you pleaſe you may put into it two pound of Raiſins of the Sun ſtoned and quartered.

The Ice for this Cake.

Take the Whites of three new-laid Eggs, and three quarters of a pound of fine Sugar finely beaten, beat it well together with the Whites of Eggs, and Ice the Cake. If you pleaſe, you may add a little Musk or Ambergreaſe.

Let your Oven be of a temperate heat, and let your Cake ſtand therein two hours and a half before you Ice it, and afterwards only to harden the Ice.

My Lady Harvey's *way to make a Caroway Cake.*

Take three pound and a half of the fineſt Flower, and dry it in an Oven, one pound and a half of ſweet Butter; and rub it in the Flower until it be crumbled very ſmall, that none of it be ſeen; then take three quarters of a pint of new Ale-yeaſt, and half a pint of Sack, and half a pint of new Milk, ſix ſpoonfuls of Roſewater, four yolks and two whites of Eggs; then let it lie before the Fire half an hour or more; and when you go to make it up, put in three quarters of a pound of Caroway Comfits, and a pound and a half of Biskets; put it in the Oven, and let it ſtand an hour and a half.

Mrs Stockdels *Excellent ſmall Cakes, which are much eſteemed at Court; the King himſelf hath eat of them.*

Take three pounds of very fine Flower, one pound and half of Butter, and as much Currans, and as much Sugar, ſeven Eggs, one half of the Whites taken out, and knead all well together into a Paſte, adding one Nutmeg grated, and a little Roſewater; ſo make them up about the bigneſs of your hand, and bake them upon a Plate of Tin.

To make Excellent Small Cakes.

Take three pound of very fine Flower well dried by the Fire, and put to it a pound and a half of Loaf-Sugar ſifted in a very fine Sieve, and dried, three pound of Currans well waſh'd and dried in a Cloth, and ſet by the Fire; when your Flower is well mixed with the Sugar and Currans, you muſt put in it a pound and a half of unmelted Butter, ten ſpoonfuls of Cream, with the yolks of three new-laid Eggs beat with it, one Nutmeg, and if you pleaſe three ſpoonful of Sack; when you have wrought your Paſte well, you muſt put it in a Cloth, and ſet it in a Diſh before the Fire till it be through warm; then make them up in little Cakes, and prick them full of Holes; you muſt bake them in a quick Oven uncloſed.

Afterwards Ice them over with Sugar. The Cakes ſhould be about the bigneſs of a hand-breadth, and thin, of the ſize of the Sugar-Cakes ſold at *Barnet*.

Mrs Ragly's *Cheeſe-Cakes.*

Take twelve quarts of Milk from the Cow, turn it with a good ſpoonful of Runnet; break it well, and put it into a large ſtrainer, in which rowl it up and down that all the Whey may run out into a little Tub; when all that will is run out, wring out more; then break the Curds well;

well; then wring it again, and more Whey will come; thus break and wring till no more come; then work the Curds exceedingly with your hand in a Trey, till they become a ſhort uniform Paſte; then put to it the yolks of eight new-laid Eggs, and two Whites, and a pound of Butter; work all this long together, in the long working (at the ſeveral times) conſiſteth the making them good; then ſeaſon them to your Taſte with Sugar finely beaten; and put in ſome Cloves and Mace in ſubtil Powder; then lay them thick in Coffins of fine Paſte, and bake them.

My Lady Diana Peters *her Scotch Collops.*

Cut a Leg or two of Mutton into thin Slices, which beat very well; put them to fry over a very quick Fire, in a Pan firſt glazed over, with no more Butter melted in it than juſt to beſmear a little at the bottom of the Pan; turn them in due time: There muſt never be but one Row in the Pan, nor any Slice lying upon another, but every one immediate to the Pan. When they are fried enough, lay them in a hot Diſh covered, over a Chafingdiſh; and powr upon them the Gravy that runs out of them into the Pan. Then lay another Row of Slices in the pan to fry as before, and when they are enough, put them into the Diſh to the other. When you have enough by ſuch repetitions, or by doing them in two or three Pans all at a time, take

a potttinger full of Gravy of Mutton, and put into it a piece of Butter, as much as a Walnut, and a quartered Onion, if you will (or rub the Diſh afterwards with Garlick) and Pepper and Salt, and let this boil to be very hot; then throw away the Onion, and powr this into the Diſh upon the Slices, and let them ſtew a little together; then ſqueeze an Orange upon it, and ſerve it up.

A Fricaſie of Veal.

Cut a Leg of Veal into thin Slices, and beat them; put about half a pint of water, or Fleſh-Broth to them, with ſome Thyme, Marjoram, and an Onion or two quartered, and a little Butter; boil them till they be tender, having ſeaſoned them with Salt and about twenty Corns of whole white Pepper, and four or five Cloves. When they are enough, take half a pint of white Wine, and four yolks of Eggs, a quarter of a pound of Butter (or more) a good ſpoonful of Thyme, ſweet Marjoram and Parſley, all minced ſmall (more Parſley than of the others) a pottinger full of your Gravy. When all theſe are well incorporated together over the Fire, and well beaten, powr it into the Pan to the reſt, and turn it continually over the Fire til all be well incorporated and thickned; then throw away the Onion and firſt Sprigs of herbs, Squeeze an Orange to it, and ſo ſerve it up hot.

A Tanſie.

Take three pints of Cream, fourteen new-laid Eggs (ſeven Whites put away) one pint of Juice of Spinage, ſix or ſeven ſpoonful of Juice of Tanſie, a Nutmeg (or two) ſliced ſmall, half a pound of Sugar, and a little Salt; beat all theſe together; then fry it in a Pan with no more Butter than is neceſſary. When it is enough, ſerve it up with Juice of Orange, or Slices of Limon upon it.

My Lady Middleſex's *Excellent Slip-Coat Cheeſe.*

Take of good Morning Milk, putting Cream to it; a quart of Cream is the proportion my Lady uſeth to as much Milk as both together make a large round Cheeſe of the bigneſs of an ordinary Tart-plate, or Cheeſe-plate; as big as an ordinary firſt Cheeſe that the Market-women ſell, which they call Cream-Cheeſe. Thus for want of Stroakings at *London*, you may take one part of Cream to five or ſix of Morning-Milk, and for the reſt, proceed as with Stroakings, and theſe will prove as good.

To make Slip-Coat Cheeſe, as Sir Kenelm's *Houſe-Keeper made them for him.*

According to the bigneſs of your Moulds, proportion your Strokings for your Cheeſe-

Curds, to ſix quarts of Stroakings, take a pint of Spring-water; if the Weather be hot, then let the Water be cold, and before you put it into the Stroakings, let them ſtand a while to cool after they are milk'd, and then put in the Water with a little Salt firſt ſtirr'd in it; and having ſtirr'd it well together, let it ſtand a little while, and then put in about two ſpoonful of good Runnet, ſtir it well together, and cover it with a fair Linnen Cloth, and when it becomes hard like a thick Jelly, with a skimming-Diſh lay it gently into the Moulds; and as it ſinks down into the Moulds, fill it ſtill up till all be in, which will require ſome three or four hours time; then lay a clean fine Cloth into another Mould of the ſame ſize, and turn it into it, and then turn the skirts of the Cloth over it, and lay upon that a thin Board, and upon that as much weight as with the Board may make two pound or thereabouts; and about an hour after, lay another clean Cloth into the other Mould, and turn the Cheeſe into that; then lay upon the Board ſo much as will make it ſix or ſeven pound weight; and thus continue turning of it till night; then take away the weight, and lay it no more on it; then take a very ſmall quantity of Salt finely beaten, and ſprinkle the Cheeſe all over with it as ſlightly as can be imagined. Next Morning turn it into another dry Cloth, and let it lie out of the Mould upon a plain Board, and change it as often as it wets the Cloth, which muſt be three

or

or four times a day; when it is ſo dry, that it wets the Cloth no more, lay it upon a Bed of green Ruſhes, and lay a Row upon it; but be ſure to pick the Bents clean off, and lay them even all one way; if you cannot get good Ruſhes, take Nettles or Graſs. If the Weather is cold, cover them with a Linnen and Woolen Cloath; In caſe you cannot get Stroakings, take five quarts of New Milk, and one of Cream; if the Weather be cold, heat the Water hot tha you put to the Stroakings; turn the Cheeſe every day, and put to it freſh of whatſoever you keep it in. They are uſually ripe in ten days.

To make Muſtard my Lady Holmeby's *Way.*

My Lady *Holmeby* makes her quick fine Muſtard thus; Chuſe true Muſtard-ſeed, dry it in an Oven after the Bread is out; beat and ſearce it to moſt ſubtil Powder; mingle Sherry-Sack with it (ſtirring it a long time very well) ſo much as to have it of a fit conſiſtence for Muſtard; then put a good quantity of fine Sugar to it, as five or ſix ſpoonful (or more) to a pint of Muſtard, ſtir and incorporate all well together. This will keep good a long time: Some do like to put to it a little (but a little) very ſharp Wine-Vinegar.

To make Bolonia *Puddings as they make them at* Milan *in* Italy, *which are better than thoſe of* Bolonia.

Take ſeventeen pound and a half of a fore-quarter of Pork, and three pound and a half of lean Buttock Beef, chop them well together, but not too ſmall; then put to them a pound and half of Salt well dried and powdered, and three ounces of white Pepper groſly bruiſed; mix and knead them all well together like Paſte; and if you will have them fat, you may put to them a pound or two of the Fat or Bacon of the Hog cut in ſquare Dice; put thereto when you knead it, a Glaſs-ful of deep red Wine; then fil your large Beef-Guts with this, being firſt well ſcowred and cleanſed from all the ſlime, by turning them; then wipe them dry before you fill them: In filling them, you muſt ſqueeze, and preſs down the Meat very hard, that all the Wine may get out of them, and that they may be ſtuffed very cloſe; then tie them faſt with Packthred, and hang them up over the Mantle-tree in the Kitchen, not in the Chimney, for they would dry too faſt; leave them there for three weeks, then hang them in a Garret, where the Wind and Air comes in; and when they are well dried, take them down and wipe them, then greaſe them over with Sallet Oyl, and lay them in a Box in Hay, and they will keep good all the year long. You may cut your Guts of

of the length of eight or nine inches, or twelve inches long, and tie them firſt at one end before you fill them. When you will uſe them, boil one or two at a time in fair water for an hour, and when they are cold, cut them in round ſlices, and they will look pure red and white, and are excellent Meat, better than any Neats-tongue, they will keep good a fortnight after they are boiled. Theſe Puddings I have often made in *England*, and kept them all the year long; and they have been exceedingly praiſed by all thoſe that did eat of them.

To make Harts-horn Jelly.

Take four pounds of Harts-horn raſped, boil it in two quarts of Water til it be a Jelly, which you may try upon a Plate (it will be ſo in four or five hours gentle boiling) and then ſtrain the clear Liquor from the Horn (which will be a good quart) then ſet it on the Fire again, with fine Sugar in it to your Taſte, with half a pint of white Wine or Sack in it, and a Bag of Spice containing a little Ginger, a ſtick of Cinamon bruiſed, and a Nutmeg quartered, and two or three Cloves bruiſed. Aſſoon as it beginneth to boil, put into it the Whites of three or four Eggs beaten, and let it boil up gently, til the Eggs harden into a Curd; then pour into it the Juice of four Limons, and take it preſently off the Fire, and run it through an Hypocras Bag.

My

My Lady Paget's *Harts-horn Jelly.*

Take a ſmall Cock-Chick when it is ſcalded, ſlit it in two pieces, lay it to ſoak in warm water until the Blood be well out of it; then take a Calves-foot half boiled, ſlit it in the middle, and pick out the Fat and Black of it; put theſe into a Gallon of fair Water, ſcum is very well; then put into it an ounce of Harts-horn, and half an ounce of raſped Ivory; when it is half conſumed, take ſome of it up, and if it jelly, take it off, and put it into a Baſon; then beat the Whites of four Eggs, with four ſpoonful of Roſewater, and put it to the Jelly, with a quarter of an ounce of Cinamon well bruiſed, one flake of Mace, three or four thin ſlices of Ginger, one top of Roſemary, and two or three of ſweet Marjoram, ſweeten it with fine Sugar, then ſet it over a Chafing-diſh of Coals, and ſtir it well; then cover it cloſe, and blow under it to make it boil, till the Curd hardens; then wring into it the Juice of half a Limon, and take it preſently from the Fire, and ſtrain it: If you would have it more Cordial, you may add one Grain of Ambergreaſe, and half a Grain of Musk, ground with a little Sugar.

The Way to dreſs Poor John, *to make it very tender and good Meat.*

Put it into a Kettle in cold Water, and ſo hang it over the Fire, and let it ſoak and ſtew without boiling for three hours, but the Water muſt be very hot; then make it boil two or three walms: By this time it will be very tender, and ſwelled up; then take out the Back-bone, and put it to fry with Onions, if you put it firſt into hot water, (as Ling and ſuch Salt-fiſh) or being boyled if you let it cool, and heat it again, it will be tough and hard.

Buckorn is to be watered a good hour before you put it to the fire, then boyl it till it be tender, which it will be quickly, then Butter it as you do Ling; and if you will put Eggs to it.

To Stew or Dreſs an Eel with Raguſt the French way.

Cut the Eel in pieces and put them into your Stew-pan, with white wine, Butter, Sibbalds, and Parſly ſhred, ſome Capers, Salt and Pepper, and a few chippings of bread to allay the ſauce; when it is enough, ſerve it up, and if you will you may make a white ſauce to it with whites of Eggs and Verjuice, or white wine and Vinegar.

To Stew a Carp in Short Broth.

Cut the Carp in pieces and caſt them into white-Wine, or half water and half white wine, Seaſon it with Pepper, Salt, and Cloves, ſome Limon or Orange-peel; put into it a bundle of Parſly and Thyme, with an Onion if you will; let it ſtew eaſily till there remain but a little Broth or Sauce, then put into it ſome Butter and ſome Parſly ſhred very ſmall, then ſerve it up.

Salmon in Short Broth.

Boil it in Wine, Water and Vinegar, till it be tender, then put into it a piece of Butter, which will enter into the fiſh; then take it out and put it in a Cloath and eat it with Vinegar. you may make alſo a ſauce to it, with Butter and Anchovies, which is an excellent Sauce for it.

Monſieur St. Ebremonds *way of Stewing Oyſters.*

Take what quantity you will of the beſt Oyſters to eat raw, open them, putting all their water with the fiſh into a Baſon. Take out the Oyſters one by one (that you may have them waſhed clean in their own water) and lay them in the diſh you intend to Stew them in. Then let their water run upon them through a fine linnen, that all their foulneſs may remain behind.

Then

Then put a good great Lump of Butter to them, which may be (when melted) half as much as their water. Seaſon them with Salt, Nutmeg, and a very few Cloves. Let this boyl ſmartly, covered, when it is half boyled, put in ſome Cruſts of light French Bread, and boil it on till all be enough, then ſerve them up.

My Lord of St. Albans's *way to Boyl Beef moſt tender and ſhort.*

Take a Rump or Brisket of Beef, keep it without Salt as long as you may without danger to have it ſmell ill; for ſo it grows mellow and tender, which it would not do if it were preſently ſalted. When it is ſufficiently mortifi'd, rub it well with Salt: let it lie ſo but a day and a night, or at moſt two nights and a day. Then boyl it in no more water then is neceſſary, boyl it pretty ſmartly at firſt, but afterwards but a ſimpring or Stewing Boyling, which muſt continue ſeven or eight hours. Sometimes he boyls it half over night, and the reſt the next morning; If you ſhould not have time to Salt it you may ſupply that want thus: When the Beef is through boyled, you may put ſo much Salt into the Pot as to make the Broth like brine, and then boil it gently an hour longer; or take out the Beef and put it into a deep diſh, and put to it ſome of his broth made brine, and cover it with another diſh, and ſtew it ſo an hour. A Hanch of Veniſon may be done the ſame way.

Of

OF

PRESERVING, CONSERVING, and *CANDYING*, &c.

Apples in Gelly my Lady Pagets *way; Set down by Sir* Kenelm Digby.

MY Lady *Paget* makes her fine Preſerved Pippins thus: They are done beſt when Pippins are in their prime, for quickneſs; which is in *November*. Make your Pippin-water as ſtrong as you can of the Apples, and that it may be the leſs boyled, and conſequently the paler, put in at firſt the greateſt quantity of pared and quartered Apples the water will bear. To every pint of Pippin-Water, add (when you put the Sugar to it) a quarter of a pint of fair Spring-Water that will bear Soap, (of which ſort only you muſt uſe) and uſe half a pound of Sugar, the pureſt double Refined. If you will have much Gelly, two Pippins finely Pared and whole, will be enough; you may put in more, if you will have a greater Proportion of ſubſtance to the Gelly. Put at firſt but half the Sugar to the Liquor, for ſo it will be the paler. Boyl the Apples by themſelves in fair water with

with a very little Sugar, to make them tender; then put them into the Liquor, and the reſt (the other half) of the Sugar with them. Boil them with a quick fire till they be enough, and the Liquor do gelly; and that you ſee the Apples look very clear, and as though they were tranſparent. You muſt put the juice of two Limons and half an Orange to this, in the due time. Every Pippin ſhould be lapped over in a broad Pill of Orange; which you muſt prepare thus: Pare the Orange broad and very thin, and all hanging together; rub it with ſalt, Prick it, and boyl it in ſeveral waters, to take away the bitterneſs and make it tender. Then the Orange Peels muſt be Preſerved in ordinary manner; and it imports not though they be done many days before the Apples be ready, and kept in ſyrrup. Preſerve it by it ſelf with ſufficient quantity of Sugar, when it is throughly done and very tender (which you muſt caſt to do before hand, to be ready when the Apples are ready to be put up) take them out of their Syrup, and lap every Pippin in an Orange-Peel, and put them into a Pot or glaſs, and pour the Liquor upon them; which will be Gelly over and about the Apples when all is cold. This Proportion of Liquor, Apples, and Orange-Peels, will take up about three quarters of a pound of Sugar in all. If you would keep them any time, you muſt put in weight for weight of Sugar.

Sir

Sir Kenelms *Obſervation.*

I conceive Apple-*Johns* inſtead of Pippins, will do better; both for the Gelly and ſubſtance, and eſpecially at the latter hand of the year; and I like them thin ſliced, rather than whole; and the Orange-Peels ſcattered among them in little pieces or Chips.

My Lady Barclays's *Sweet-meat of Apples.*

My Lady *Barclay* makes her fine Apple-gelly with ſlices of *John*-Apples, ſometimes She mingles a few Pippins with the *Johns* to make the Gelly, but She likes beſt the *Johns* ſingle, and the cooler is paler. Firſt fill the Glaſs with ſlices cut round-wiſe, and then pour the Gelly into it to fill up the vacuities. The Gelly muſt be boiled to a good ſtiffneſs, then when it is ready to take from the fire, put in ſome juice of Limon, and of Oranges if you like it; but theſe muſt not boyl, yet it muſt ſtand a while upon the fire ſtewing in good heat, to have the juices incorporate and penetrate well. Amber-greaſe doth well in this Sweet-meat; Gelly and ſlices of Golden-Pippins, made as of *John* Apples and Pippins are exceeding good.

Mr.

Mrs. Marbury *the Queens Preſerving-Woman, makes her Apples in Gelly thus:*

Cut your Apples into quarters (either pared or unpared) boyl them in a ſufficient quantity of water till it be very ſtrong of the Apples. Take the clear Liquor, and put to it ſufficient Sugar to make Gelly, and the ſlices of Apple; ſo boyl them all together till the ſlices be enough and the Liquor Gelly; or you may boil the ſlices in Apple-liquor without Sugar, and make Gelly of other Liquor, and put the ſlices into it when it is Gelly, and they be ſufficiently boiled. Either way, you muſt at the laſt put ſome juice of Limon to it, and Amber and Musk if you will. You may do it with halfs or quartered Apples, in deep glaſſes; with ſtore of Gelly about them. To have theſe clear, take the pieces out of the Gelly they are boiled in with a ſlice, ſo as you may have all the Rags run from them, and then put neat clean pieces into clear Gelly. The other Gelly is as good to eat, and will ſerve as well for glaſſes, in which you ſtand not ſo much upon the outward beauty.

Dr. Bacon *his Syrup of Apples.*

You may make an Excellent Syrup of Apples thus: Slice a douzen or twenty Pippins into thin ſlices; and lay them in a deep Diſh S. S. S. with pure double Refined Sugar in powder. Put

two or three ſpoonfuls of water to them, and cover them cloſe with another diſh, cutting their joyning that nothing may expire. Then ſet them into an Oven, and when you take out the Diſh, you will have an Excellent Syrup, and the remaining ſubſtance of the Apples will be inſipid.

You may proceed with Damſons in the ſame manner (or other Plumbs) and you will have excellent ſtewed Damſons, (as fair as Preſerved ones) ſwimming in a very fine Syrup.

To make Excellent Marmalade of Pippins.

Take the quickeſt Pippins when they are newly gathered and are ſharp; pare and coar, and cut them into half quarters, put to them their weight of the fineſt Sugar in powder. Put them into the Preſerving-Pan, and pour upon them as much Fountain Water as will even cover them. Boyl them with a quick fire, till by trying a little upon a plate you find it gellieth when it is cold; then take it from the fire, and put into it a little of the Rinde of Limons raſped very ſmall, and a little of the yellow Rinde of Oranges boiled tender, (caſting away the firſt water to correct their bitterneſs) and cut into narrow ſlices (as in the Gelly of Pippins) and break the Apples with the back of the Preſerving-Spoon whil'ſt it cooleth. If you like them ſharper, you may put in a little Juice of Limons a little before you take the Pan from the fire.

When

When it is cold, put it into Pots, this will keep a year or two This is the juice of Apples (ſtrained out of Rasped Apples in ſuch ſort as you make Marmelade of Quinces, with the juice of Quinces would not be better than fair water, to boil your Apples and Sugar in.

Gelly of Quinces as it was made by Sr. Kenelms *Direction, and the Receipt ſet down by himſelf.*

The Quinces being very ripe, and having been long gathered, I took twelve Quinces in quarters, and the juice of ſixteen others, which made two pound of juice, and I made a ſtrong Decoction of about twenty four others, adding to theſe twenty four (to make the Decoction the ſtronger and more ſlimy) the Coars and Parings of the twelve in quarters, and the Coars and Parings of the twenty four and the Quinces ſliced, All theſe boyled about an hour and half in ten pintes of water, then I ſtrained and preſſed out the Decoction, and had between four and five pounds of ſtrong Decoction. To the Decoction and Syrup I put three pound of fine Sugar, which being diſſolved and ſcummed, I put in the quarters often turning them, and in near three quarters of an hour it was enough. When it was cold, it was ſtore of firm clear red Gelly, and the quarters very tender and well penetrated with the Sugar. I found by this making that the juice of Quinces is not ſo good to make Jelly, it maketh it ſomewhat running like Syrup.

Preſerved Quinces made by Sr. Kenelm's *Directions and ſet down by himſelf.*

When I made Quinces with Gelly, I uſed the firſt time theſe proportions, of the Decoctions of Quinces three pound, of Sugar one pound three quarters, fleſh of Quinces two pound and half; The ſecond time theſe, of Decoction two pounds and half, Sugar two pounds and a quarter, of fleſh two pounds three quarters. I made the Decoction by Boyling gently each time fourteen Quinces in a pottle of water, an hour and half, or two hours; ſo that the Decoction was very ſtrong of the Quinces. I boyled the parings with all the Subſtance of the Quinces in thick ſlices, and part of the Coar (excepting all the kernels) and then let it run through a looſe Napkin, preſſing gently with two plates, that all the Decoction might come out, but be clear without any fleſh or maſh. The firſt making I intended ſhould be Red, and therefore both the Decoction and the whole were boyled covered, and it proved a fine clear Red. This boiled above an hour, when all was in. The other boiled not above half an hour, always uncovered; (as alſo in making his Decoction) and the Gelly was of a fine pale yellow. I firſt put in the ſugar upon the fire with the Decoction, and aſſoon as it was diſſolved, I put in the fleſh in quarters and halfs, and turned the pieces of them in the Pan; elſe the bottom of ſuch as lay long unturned

ned, would be of a deeper colour than the upper part. The fleſh was very tender, and good, I put ſome of the pieces into Jarr-glaſſes (carefully, not breaking them) and then poured Gelly upon them; then more pieces, then more Gelly &c. all having ſtood a while to cool a little.

Mrs. Marbury *the Queens Preſerving-Woman, Her fine white Gelly of Quinces.*

Take Quinces newly from the Tree, wipe them clean, and boyl them whole in a large quantity of water,, the more the better, till the Quinces crack and are ſoft, then preſs out their Juice hard, but ſo, that onely the Liquor run out; but none of the Pap: Take three pound of this ſtrained Liquor being ſettled, and one pound of fine ſugar, and boyl them up to a Jelly, with a moderate fire; they may require near an hours boyling to come to a Jelly. The Tryal of that is, to take a tin Plate and wet it with fair water, and drop a little of it upon the wet Plate, if it ſtick to the Plate, it is not enough; but if it fall off, (when you ſlope the Plate) without ſticking at all to it, then is it enough: Then put it into flat ſhallow Tin forms, firſt melted with cold water, and let it ſtand in them four or five hours, then reverſe the plates that it may ſhale and fall out, and ſo put the parcels up in Boxes.

White Marmelade of Quinces the Queens way.

Take a pound and a half of fleſh of Quinces ſliced, one pound of ſugar, and one pound of a Decoction made very ſtrong, of Quinces boiled in fair water; boyl theſe with a pretty quick fire till they be enough, and that you find it Gellieth; then proceed as in Sr. *Kenelms* way.

The Lady Baths's *way of making White Marmelade of Quinces.*

Take ſix pound of the fleſh of Quinces, and two pound of ſugar, moiſtened well with the juice of Quinces, Boil theſe together, firſt gently till the Liquor be ſwelled out of the Quinces, and have diſſolved all the Sugar, then very quick and faſt proceed as in Sr. *Kenelms* way, bruiſing the Quinces with a Spoon, *&c.* till it be enough. This will be very fine and quick in Taſte.

Paſte of Quinces with very little Sugar, as they were done for Sr. Kenelm Digby.

To one pound of the fleſh or ſolid ſubſtance of Quinces, (when they are pared, coared, and quartered) take but a quarter of a pound of double-Refined pureſt Sugar. Do thus: Scald your fleſh of Quinces in a little of the juice of other Quinces, that they may become tender as if

if they were Codled; then beat them in a Mortar, to ſubtil, uniform, ſmooth Pulp; (which you may paſs through a Searſe) In the mean time let your Sugar be diſſolved and boyling upon the fire. When it is of a Candy height, put the Pulp of Quince to it, and let it remain a little while upon the fire, till it boyl up one little puff or bubling; and that it is uniformly mixed with the Sugar. You muſt ſtir it well all the while, then take it off, and drop it into little Cakes, or put it thin into ſhallow glaſſes; which you may afterwards cut into ſlices. Dry the Cakes and Slices gently, and by degrees in a Stove, turning them often; theſe will keep all the year, and are very quick of taſte.

To make Excellent Marmalade of red Currans, by Mrs. Marbury,

Take the Juice of red Currans, and put into it a convenient proportion of entire Currans cleanſed from the Stalks and Buttons at the other end; let theſe boil a little together. have alſo ready ſome fine Sugar boiled to a Candy-height; put to this of Currans at diſcretion, and boil them together till they be enough; and bruiſe them with the back of your Spoon, that they may be in conſiſtence of Marmalade; which put in Pots when it is cold. You need not ſtone the Currans when you put in the Juice, unleſs you pleaſe.

Excellent Jelly of red Currans.

Set them over the Fire, that their Juice may ſweat out; preſſing them all the while with the back of your preſerving Spoon, to ſqueeze out of them all that is good; when you ſee all is out, ſtrain the Liquor from them, and let them ſtand to ſettle for five hours, that the groſs Matter may ſink to the bottom; then take the pure Clear, and to every Pint of it put three quarters of a pound of fine Sugar, and boil them up with a quick Fire till they come to a Jelly-height (which will be in leſs than a quarter of an hour) which you may try with a drop upon a Plate; then take it off, and when it is cold enough, put it into a Glaſs. You muſt be careful to ſcum it well in due time: the thick Setling will ſerve to add to the Marmelade of Cherries, or the like.

To make Jelly of Currans with the Fruit whole in it.

Boil four pound of Sugar to a Candy-height, and clarifie it with Whites of Eggs; then put it into five pound (or at diſcretion) of pure red Currans; boil them together a little while till it be enough to become Jelly; then put into it a good handful or two of whole Currans, cleanſed from the Stalks and black Ends, and boil them a little till they be enough; you need not boil the Juice before you put it to the Sugar; but

but let it be very clear and well-ſtrained, and ſcum it well whilſt it boileth with the Sugar.

To make Marmalade of Cherries.

Take a pound of fine Sugar to four pound of the beſt *Kentiſh* Cherries, ſtone them, and put them over a gentle Fire, that they may not boil, but reſolve much in Liquor; take out with the Spoon much of the thin Liquor, leaving the Cherries moiſt enough, but not ſwimming in clear Liquor; then put to them your Sugar in Powder, and boil it up quick, ſcumming away the Froth that riſes. When it is well incorporated and clear, ſtrew in a little more of the Sugar, which courſe will make the Colour the finer; when they are boiled enough, take them off, and bruiſe them with the back of a Spoon; and when they are cold, put them up in Pots. This will keep well all the Year.

To make a fine Marmelade of Currans with Juice of Raſpes and Currans, as Madam Mancy *made it for the Queen.*

Take three pound of Cherries ſtoned, half a pound of clear Juice of Raſps, and one pound of the Juice of red Currans, and a pound of fine Sugar; put them altogether into the Preſerving-Pan; boil them with a quick Fire, eſpecially at the firſt; skimming them all the while, as any Scum riſeth. When you find they are of a fit Conſiſtence

ſiſtence with a fine clear Jelly, mingled with the Cherries, take them from the Fire, and bruiſe the Cherries with the Back of your Spoon, and when they are cold, put them in Pots. Peradventure to keep all the year, there may be requiſite a little more Sugar. It is a very fine Sweet-meat.

To make Conſerve of red Roſes Dr. Gliſſon's *way.*

Take a pound of red Roſe Leaves (well pickt, and the nails cut off) in about a quart of Spring-water, till the Water hath drawn out all the Tincture of the Roſes into it ſelf, and that the Leaves be very tender, and look pale, which may be in half an hour, keeping the pot covered while it boileth; then pour the tinctured Liquor from the pale Leaves, preſſing it gently, and ſet it upon the Fire by it ſelf to boil, putting into it four pound of double refin'd Sugar; boil it till it be a high Syrup, very near a Candy height, but not to flake or candy, then put the pale Roſe Leaves into this high Syrup, and preſently take it from the fire, and ſtir them exceeding well together, to mix them uniformly. If you put it into Pots while it is yet throughly warm, and leave them uncovered ſome days, putting them in the hot Sun or Stove, there will grow a fine Candy upon the top, which will preſerve the Conſerve without a Paper upon it. The Colour both upon the Roſe Leaves, and the Syrup about them, will be exceeding beauti-

ful

ful and red, and the Taſte excellent; and the whole Compoſition very tender and ſmoothning, and eaſie to digeſt in the Stomach, without clogging it, as doth the ordinary rough Conſerve, made of raw Roſes beaten with Sugar, which is very rough in the Throat. When you have begun a Pot, and have taken ſome out, you muſt always keep a Paper lying cloſe upon the Conſerve, or elſe it will be apt to grow mouldy on the top where you have broken the Candy that was upon it. The Conſerve of Roſes is very good for Colds and Coughs, and for the Lungs; it is alſo exceeding good for Sharpneſs and Heat of Urine, and Soreneſs of the Bladder, eaten much by it ſelf, or drunk with Milk, or Diſtilled Waters of Mallows and Plantane, or Milk-water.

Dr. Bacon's *Way of making Conſerve of Roſes.*

Take twelve pound of the beſt Lump or Kitchen-Sugar, boil it with Spring-water, and clarifie it with Whites of Eggs, taking away all the Skum; then boil it to a Syrup; and when it is half boiled, begin to beat your Roſe-Leaves, being pick'd, and the white Nails cut off beforehand; put half a pound of them to every pound of Sugar into your Mortar, and beat them well, ſqueezing into them as you beat them, the Juice of two Limons, which brings out their Colour finely. You muſt have finiſh'd beating your Roſes by then the Sugar is come by boiling

boiling to a high Syrup (for if you ſhould let them lie ſtill in the Air but a little while, they would grow black, and of ill colour) then with your Ladle put the Roſes to the Sugar, and ſtir them well in it, to incorporate all well and uniformly together; let them boil gently, and a thick ſcum of the Roſes will riſe, which you muſt ſcum off from time to time continually as it riſes, and reſerve it in a Pot by it ſelf; for it will be good hard Sugar of Roſes. and may be about an eighth or ninth part of the whole. After it is clear from Scum, and boiled near a quarter of an hour, with the Roſes in it, and that you ſee by a drop upon a plate, that is of a due conſiſtence, take the pan from the fire, and ſtir all well together, and put it into pots, which leave uncovered ten or twelve days, ſetting them in the hot Sun all the day long during that time, to give the Roſes a fine hard Cruſt or Candy at the top. If the Sun favour you not, you may uſe a Stove. After twelve days tie Covers of Paper upon the Pots.

Dr. *Bacon* uſeth to make a pleaſant Julep of this Conſerve of Roſes, by putting a good ſpoonful of it into a large drinking-Glaſs or Cup, upon which ſqueeze the Juice of Limon; work theſe well together with the Back of a Spoon, putting water to it by little and little, till you have filled up the Glaſs with Spring-water; ſo drink it. He ſtrains it ſometimes, and then it is a beautiful and pleaſant Liquor.

To preſerve green Walnuts as they are done in France *and* Germany.

Take green Walnuts when they are of a fit bigneſs to preſerve, which is about the beginning or the middle of *July*; pierce them through three or four times, and put them in fair water for three or four days, ſhifting the water twice a day; then boil them in freſh water for a quarter of an hour; then throw away this water, and powr freſh boiling water upon them, and boil them therein till they be tender, but not too tender; then powr off the Liquor, and to twelve pints thereof, take ſix pounds of ordinary brown Sugar; diſſolve the Sugar in eleven pints of the water; boil it up and clarifie it with Whites of Eggs; ſo ſoon as it boileth, put in the other pint of water which you kept for that purpoſe, and as the Whites of the Eggs riſe, put them down again; then ſtrain it through an Hypocras Bag, and when it is cold, boil it up to a Syrup. Then ſtick your Nuts with Cloves and Cinamon, and put them into your pot, and when your Syrup is cold, powr it upon them, ſo much of it that they may be juſt covered; and let it ſtand four and twenty hours, and the Syrup will be very thin, by drawing out the water that was in the Nuts; powr it off, and boil it up again, and when it is cold, pour it upon them again; and when it hath ſtood four and twenty hours, powr it of, and boil it again

again to its due Conſiſtence; then being cold, powr it on again; and as long as you ſee that the Syrup groweth thin, you muſt ſtill boil it again.

Preſerved Walnuts are very Cordial, Pectoral, and Stomachal; they ſtrengthen the Stomach, and cauſe a good Digeſtion, and are excellent in Fluxes and Looſneſs; they expel Wind out of the Stomach and Bowels, and are a moſt Sovereign Antidote againſt the Plague and infectious Air.

To keep Goosberries green and freſh, ſo that you may make a green Goosberry-Tart at Chriſtmas.

Take green Goosberries when they are full grown, put them freſh gathered without much handling them, into Stone-Bottles; ſtop them very cloſe, and put ſtore of wax about the Corks, then bury the Bottles in the ground, or under a heap of Coals in the Cellar, and they will keep freſh and green all the Winter long.

To Preſerve Grapes green upon a Vine all the Winter.

Cut a Branch of the Vine, that is full of cluſters of Grapes; cloſe up both ends of the Vine, with ſtore of warm wax; then lay the Vine along upon nails under the Roof of a Chamber, and let it remain there with the grapes upon it, and they will keep green and freſh all the Winter long, without rotting or withering.

My

My Lady Wendibanks *Curious Red Marmelade of Quinces.*

Take six pound of flesh of Quinces, and as much pure Sugar, and eight pints of juice; Boyl this up with a quick fire, till you have scummed it; then pull away all the coals, and let it but simper for four or five hours remaining covered, renewing from time to time so little fire, as to cause it so to continue simpring; But assoon as it is scummed, put into it a handfull of Quince-kernels, two Races of Ginger sliced, and fourteen or fifteen Cloves whole; all these put into a Tiffany bag tyed fast, when you find that the colour is almost to your mind make a quick fire and boyl it up apace; then throw away the bag with the things in it, and put up your Marmelade, when it is cold enough.

Another by the same Lady.

Put the Quinces pared and sliced into a Pot as above; and to every pound of this flesh put about a quarter of a pint of fair water, and put this into a Kettle of boiling water, till you perceive all the Juice is boyled out of the Quinces. Then strain it out, and boyl this Liquor till you perceive it gellieth upon a Plate. Then to every pint of Liquor put a pound of Sugar, and boyl it up to a Gelly, skimming it well, and you will have a pure gelly.

To

To make a very Beautifull and clear Paſte of Apricocks, which taſtes moſt quick of the fruit; from the ſame Lady.

Take ſix pound of Pared and ſliced Apricocks, put them into a high pot, which ſtop cloſe, and ſet it in a Kettle of boyling water, till you perceive the fleſh is all become an uniform Pulp; then put it into your Preſerving-pan and boil it gently, till it be thick; ſtirring it carefully all the while. Then put two pound of pure ſugar to it, and mingle it well and let it boil gently, till you ſee that it comes to ſuch a thickneſs and ſolidity, that it will not ſtick to a plate. Then make it up into what form you pleaſe. In this manner you may make Paſte of *Raſps* and *Currans*.

To make a Pleaſant and Beautiful Sweet-meat of Raſps and Currans.

Boil Raſps in ſuch a Pot, (as in the foregoing Receipt) till they be all come to ſuch a Liquor; then let the clear run through a Strainer, to a pint whereof put a pound of Red Currans, (firſt ſtoned and the black ends cut off) and a pound of Sugar. Boil theſe till the Liquor be gellied, then put it in glaſſes, it will look like Rubies in clear Gelly. You may do the like with Cherries either ſtoned and the ſtalks cut off, or three or four capped upon one ſtalk, and the ſtones left in the firſt, and boiled in Liquor of Raſps.

A

COLLECTION

OF

CHOICE RECEIPTS

For Making of

METHEGLIN, SIDER, CHERRY-WINE, &c.

METHEGLIN is esteemed to be a very wholsom Drink; and doubtless it is so, since all the world consents that Honey is a precious Substance, being the Choice and Collection which the Bees make of the most pure, most delectable, and most odoriferous Parts of Plants, more particularly of their Flowers and Fruits. Metheglin is therefore esteemed to be an excellent Pectoral, good against Consump-

tion, Phthiſick and Aſthma; it is cleanſing and diuretick, good againſt the Stone and Gravel; it is reſtorative and ſtrengthening; it comforts and ſtrengthens the Noble parts, and affords good Nouriſhment, being made Uſe of by the Healthy, as well as by the Sick.

My worthy Maſter, that incomparable Sir *Kenelm Digby*, being a great Lover of this Drink, was ſo curious in his Reſearches, that he made a large Collection of the choiceſt and beſt Receipts thereof, which you have here inſerted, with the Names of the Perſons which communicated them to him.

My Lady Hews's *Receipt to make White Mead.*

TAke Roſemary, Time, Sweet-bryer, Egrimony, Wood-Bettany, Eie-bright, Scabius, of each a like quantity; Roman wormwood of each of theſe a proportion, which is to every handful of theſe herbs a ſixteenth part of a handful of theſe latter, ſteep them a night and a day in a wooden Bowl of water covered, the next day boyl them very well in another water, til the colour be very high, then take another quantity of water and boyl the herbs in it til it look green, and ſo let it boyl three or four times or as long as the Liquor looketh any thing green; and ſo let it ſtand with theſe herbs in it a day

a day and a night, to every gallon of this water put a quart of pure clear honey, the Liquor being first strained from the herbs, your Liquor if it be strong enough will bear an Egg the breadth of three pence above water; when you have put your Honey into the Liquor, you must work and Labour it together a whole day until the Honey be consumed, Then let it stand a whole night in clearing, then put it into a kettle, and boyl it for one quarter of an hour with the whites and shells of six Eggs, so strain it clean and let it stand a cooling, then put it into a Barrel and take Cloves, Mace, Cinamon, Nutmegs, and beat them together, put them into a linnen bag hang'd by a thred in the Barrel, if you will have it work, and you may drink of it presently, take the Whites of two or three eggs a spoonfull of Barm, two spoonfuls of Wheatflower, beat all these together, let it work before you stop it up, then afterwards stop it well with clay and Salt temper'd together, to keep it the longer moist.

Sr. Edward Baintons'*s Receipt to make white Metheglin, which my Lord of* Portland (*who gave it to Sr.* Kenelm Digby) *said was the best he ever drank.*

Take Sweet marjorum, Sweet Bryar buds Violet leaves, Strawberry leaves, of each one handful, and a good handful of Violet flowers; (the double ones are the best) broad Time,

Borage, Agrimony, of each half a handful; and two or three branches of Roſemary, the ſeeds of Caroway, Coriander, and Fennel, of each two ſpoonfuls; and three or four blades of large Mace. Boyl all theſe in eight gallons of running water, three quarters of an hour, then ſtrain it, and when it is but bloud warm, put in as much of the beſt Honey as will make the Liquor bear an Egg the breadth of ſix pence above the water. Then boyl it again as long as any Scum will riſe. Then ſet it abroad a cooling, and when it is almoſt cold, put in half a pinte of good Ale-barm, and when it hath wrought til you perceive the Barm to fall, then Tun it, and let it work in the Barrel til the barm leaveth riſing, filling it up every day with ſome of the ſame liquor. When you ſtop it up, put in a bag with one Nutmeg ſliced, a little whole Cloves and Mace, a ſtick of Cinamon broken in pieces, and a grain of good Muſk.

You may make this a little before *Michaelmas*, and it will be fit to drink at *Lent*.

My Lady Grovers *Receipt to make white Mead which is very Excellent.*

Take to four gallons of water, one gallon of Virgin honey, let the water be warm before you put in the honey, and then put in the whites of three or four Eggs well beaten to make the ſcum riſe, when the honey is throughly melted and ready to boyl put in an Egg with the

the ſhell ſoftly, and when the Egg riſeth above the water to the bigneſs of a groat in ſight, it is ſtrong enough of the honey, the Egg will quickly be hard and ſo will not riſe, therefore you muſt put in another if the firſt do not riſe to your ſight, you muſt put in more water and honey proportionable to the firſt, becauſe of waſteing away in the boyling, it muſt boyl near an hour, you may if you pleaſe boyl in it a little bundle of Roſemary, Sweet Marjorum, and Time, and when it taſtes to your liking, take it forth again, many do put ſweet Bryar berries in it which is held very good; when your Mead is boyled enough, take it off the fire, and put it into a Kive, when it is bloud warm, put in ſome Ale barm to make it work, and cover it cloſe with a blanket; in the working the next morning Tun it up, and if you pleaſe put in a bag with a little Ginger, and a little Nutmeg bruiſed, and when it hath done working ſtop it up cloſe for a month, and then Bottle it.

Dr Floyds *Receipt to make Methaglin which is highly Commended.*

Take Spring water and boyl it with Roſemary, Sage, Sweet margerum, Baum and Saſſefras, until it hath boyl'd three or four hours, the quantity of herbs is a handful of them all to one gallon of water, of each a like proportion, and when it is boyled, ſet it to cool and ſettle until the next day; then ſtrain your water and

mix it with honey, until it will bear an Egg the breadth of a groat above the water, then ſet it over the fire to boyl, take the Whites of twenty or thirty Eggs, and beat them mightily; and when it boyls pour them in at twice, ſtir it well together, and then let it ſtand until it boyls apace before you ſcum it, and then ſcum it well and then take it off the fire, and pour it in earthen things to cool, and when it is cold, put to it five or ſix ſpoonfuls of the beſt yeaſt of Ale you can get, ſtir it together and then every day ſcum it with a bundle of feathers, until it hath done working; then Tun it up in a Cask that Sack was in, and to every ſix gallons of *Methegline* one pinte of *Aqua vitæ* or a quart of Sack, and a quarter of a pound of ginger ſliced, with two or three Limons and Orange-peals in a bag, to hang in it.

When this Lady made this Meade, She uſed to make a Rundlet of ten or twelve gallons at a time, to which the Whites of Eggs above-named, was a fit proportion.

My Lady Salisburies *Receipt to make Meath.*

Take to ſix quarts of water a quart of the beſt Honey, and put it on the Fire, and ſtir it till the Honey is melted, and boil it well as long as any ſcum riſes, and now and then put in ſome cold water, it makes the ſcum riſe clear off, and keep your Kettle up as full as you put it on; when it is boiled enough, about half an hour before

before you take it off, then take a quantity of Ginger ſliced, and well ſcraped firſt, and a good quantity of Roſemary, and boil both together; for the Roſemary and Ginger, put in to pleaſe your own Taſte, more or leſs; and when you take it off the Fire, ſtrain it into your Veſſel, either into a well ſeaſoned Tub, or a great Cream-pot, and the next Morning when it is cold, powr it ſoftly the Top from the Settlings, into another Veſſel, and then ſome little quantity of the beſt Ale-Barm to it you can get, and cover it with a thick Cloath over it in the Summer, and the Winter it will be longer ripening, keep it warmer covered, in a cloſe place; and when you go to Bottle it, take with a Feather all the Barm off, and put it into your Bottles, and ſtop it cloſe up; in ten days you may drink it; and if you think ſix quarts of water be too much, and would have it ſtronger, then put in a greater quantity of Honey.

My Lord Gorge *his Mead.*

Take a ſufficient quantity of Rain-water, and boil in it the Tops of Roſemary, Eglantine, Betony, Strawberry Leaves, Wall-Flowers, Borage and Bugloſs, of each a handful, a ſprig of Bays, and two or three of Sage; then take it off the Fire, and put a whole raw Egg in it, and powr in ſo much Honey till the Egg riſe up to the Top; then boil it again, ſcumming it

very well, and ſo let it cool; then Tun it up, and put Barm to it, that it may ferment well; then ſtop it up, and hang in it ſuch Spices as you like beſt: it will not be right to drink under three or four Months.

The Lady Vernon's *White Metheglin.*

Take three gallons of water (Rain-water is beſt) boil in it broad Thyme, Roſemary, Peniroyal, Muſcovy, of each three handful; then put it into a Stone-pan to cool, and ſtrain away the Herbs, and when it is cold, put in a quart of Honey, and mix it very well; then put to it one Nutmeg, and a little Cinamon, Cloves and Ginger, ſome Orange and Limon Peels; then boil it very well, and ſcum it very well, while any will riſe; then put in your Spices, and try with a new laid Egg, and the ſtronger it is, the longer you may keep it; and if you will drink it preſently, put it up in Bottles, and rub the Corks with Yeaſt that it may touch it, and it will be ready in three or four days to drink, and if you make it in the Spring, put no Spices but Cloves and Cinamon, and add Violets, Marigolds, Cowſlips and Gilliflowers, and be ſure to ſtop your Veſſel cloſe with Cork, and to this put no Yeaſt, for the Gilliflowers will ſet it to work.

My Lady Gargrave's *Metheglin.*

Take a Gallon of Honey, put to that four gallons of Water; ſtir them well together, and boil them in a Kettle till a gallon be waſted; which boiling and ſcumming, then put that into a Veſſel to cool; when that is almoſt as cold as Ale-wort, then clear it out into another Veſſel; then put Barm upon it as you do to your Ale, and ſo let it work, and then Tun it up into a Veſſel, and put into it a Bag with Ginger, Cloves and Cinamon bruiſed a little, and ſo hang the Bag in the Veſſel, and ſtop it up very cloſe; and when it hath ſtood a month or ſix weeks, bottle it up, and ſo drink it.

My Lady uſed to put a little Limon peel into ſome of her Metheglin, for thoſe that liked that Taſte; which moſt perſons did very much.

My Lord Herbert's *Receipt to make Metheglin.*

Take fair water and the beſt Honey, beat them well together, but not in a wooden Veſſel; for wood drinks up the Honey; put it together in a Kettle, and try it with a new-laid Egg, which will ſwim at the top if it be very ſtrong; but if it bobb up and ſink again, it will be too weak; boil it an hour, and put into it a bundle of Herbs, what ſort you like beſt, and a little Bag of Spice, of Nutmeg, Ginger, Cloves and Mace, and Cinamon; ſcum it well all the while

it

it boils; when it hath boiled an hour, take it off, and put it into earthen Pans, and ſo let it ſtand till next day; then powr off all the clear of it into a good Veſſel that hath had Sack in it, or white Wine: hang the Bag of Spice in it, and ſo let it ſtand very cloſe ſtopt, and well fill'd, for a month or longer; then if you deſire to drink it quickly, you may bottle it up, if it be ſtrong of the Honey, you may keep it a year or two; if weak, drink it in two or three months: one quart of Honey will make a gallon of water very ſtrong; a ſprig or two of Roſemary, Thyme and Marjoram are the Herbs that ſhould go into it.

My Lady Pooley's *Receipt to make Metheglin.*

Take eight gallons of water, ſet it over a clear fire in a Kettle, and when it is warm, put into it ſixteeen pound of very good Honey, and ſtir it well together till it be well mixed, and when it boileth, take off the Scum, and put in two large Nutmegs cut in quarters, and ſo let it boil at leaſt an hour; then take it off, and put into it two good handfuls of grinded Malt, and with a white ſtaff keep beating it together till it be almoſt cold, then ſtrain it through a hair-Sieve into a Tub, and put to it a wine-pint of Ale-yeaſt, and ſtir it very well together; and when it is cold, you may if you pleaſe, Tun it up preſently into a Veſſel fit for it; or elſe let it ſtand and work a day; and when it hath done working

working in your Veſſel; ſtop it up very cloſe; it will be three weeks or a month before it be ready to drink.

My Lady Roberts *her Receipt to make white Metheglin.*

Take Roſemary, Thyme, ſweet Briar, Penniroyal, Bayes, of each a handful; ſteep them four and twenty hours in a Bowl of fair water, covered cloſe; the next day boil them very well in another water till the colour be very high; then take another water, and boil the ſame Herbs in it till it look green, and ſo boil them in ſeveral waters till they do but juſt change the colour of the water; then it muſt ſtand four and twenty hours with the Herbs in it: the Liquor being ſtrained from them, you muſt put in as much fine Honey till it will bear an Egg; you muſt work and labour the Honey with the Liquor a whole day till the Honey be conſumed; let it ſtand a Night a clearing; in the Morning put your Liquor a boiling for a quarter of an hour with the whites and ſhells of ſix Eggs, ſo ſtrain it through a Bag, and let it ſtand a day a cooling, ſo Tun it up, and put into the Veſſel in a Linnen Bag Cloves, Mace, Cinamon, and Nutmegs bruiſed all together; if you will have it to drink preſently, take the whites of two or three Eggs, a ſpoonful of Barm, a ſpoonful of wheaten Flower; then let it work before you ſtop it, afterwards ſtop it well with Clay and Salt.

My

My Lady Mary Aſtons *Receipt to make Metheglin.*

Take five gallons of water, and to that take one gallon of good white Honey, then ſet it on the fire together, and boil it very well, and ſcum it very clean; then take it of the fire, and ſet it by; then take ſix ounces of good Ginger, and two ounces of Cinamon, one ounce of Nutmegs, bruiſe all theſe groſly, and put them into your hot Liquor, and cover it cloſe, and ſo let it ſtand until it be cold; then put as much Ale-barm to it as will make it work, then keep it in a warm place, as you do Ale, and when it hath wrought well, Tun it up as you do Ale or Beer, and when it is a week old, drink of it at your pleaſure.

The Counteſs of Cork's *Receipt to make white Mead.*

Take ſix gallons of water, and put in ſix quarts of Honey, ſtirring it till the Honey be throughly melted; then ſet it over the fire, and when it is ready to boil, ſcum it clean, then put in a quarter of a ounce of Mace, ſo much Ginger, half an ounce of Nutmegs, ſweet Marjoram, broad Thyme, and ſweet Briar, of all together a handful, and boil them well therein; then ſet it by till it be throughly cold, and Bartel it up, and keep it till it be ripe.

Another

Another from the ſame Lady.

To every gallon of water take a quart of Honey, and to every five gallons a handful of ſweet Marjoram, half a handful of ſlic'd Ginger, boil all theſe moderately three quarters of an hour; then let it ſtand and cool, and being lukewarm, put to every five gallons about three quarts of Yeaſt, and let it work a Night and a Day, then take off the Yeaſt, and ſtrain it into a Rundlet, and when it has done working, then ſtop it up, and ſo let it remain a month; then drawing it out into Bottles, put into every Bottle two or three ſtoned Raiſons, and a Lump of Loaf-Sugar; it may be drunk in two months.

My Lady Forteſcu's *Receipt to make Metheglin.*

Take as many gallons of water as you intend to make of Meath, and to every gallon put a quart of Honey, and let it boil till it bear an Egg: To every gallon you allow the white of an Egg, which white you muſt remove and break with your hand, and put into the Kettle before you put it over the Fire: before it boils, there will ariſe a ſcum, which muſt be ſcummed off very clean as it riſes: Put to every gallon two Nutmegs ſliced, and when it hath boiled enough, take it off, and ſet it a cooling in clean Wort-Veſſels, and when it is as cold as Wort, put in a little Barm, and work it like Beer, and when

when it hath done working, ſtop it up, and let it ſtand two months.

My Lady Gerrard's *Mead.*

My Lady *Gerrard* makes her Mead with a little Roſemary and ſweet Marjoram, but a large quantity of Bryar-Leaves, and a reaſonable proportion of Ginger. Boil theſe in the Liquor when it is ſcummed, and work it in due time with a little Barm, then Tun it in a Veſſel, and draw it into Bottles after it is ſufficiently ſetled. Whites of Eggs with the ſhells beaten together, do clarifie Mead beſt, and leave a benignity in it, as my Lady *Forteſcue* (*Wintour*) conceiveth. If you will have your Mead cooling, uſe Violet and Strawberry Leaves, Agrimony, Eglantine, and the like, adding Borage, and Bugloſs, and a little Roſemary and ſweet Marjoram to give it Vigor. Tartar makes it work well.

To make Metheglin my Lady Willoughby's *way.*

Take four gallons of running water, and boil it a quarter of an hour, and put it in an earthen Veſſel, and let it ſtand all Night, then next day only take the water, and leave the Setling at the bottom, ſo put the Honey in a thin bag, and work it in the water till all the Honey is diſſolved; take to four gallons of water one gallon of Honey; then put in an Egg, if the Honey

Honey be good, that it be ſtrong enough, the Egg will part of it appear on the top of the Liquor, if it do not, put more Honey in it till it do; then take out the Egg, and let the Liquor ſtand till next morning; then take two ounces of Ginger, and ſlice it, and pare it, ſome Roſemary waſhed and ſtripped from the ſtalk, dry it very well; the next day put the Roſemary and Ginger into the Drink, and ſo ſet it on the fire; when it is almoſt ready to boil, take the Whites well beaten of three Eggs with the ſhells, and put all into the Liquor, and ſtir it about, and ſcum it well till it be clear; be ſure you ſcum not off the Roſemary and the Ginger; then take it off the fire, and ſcum it, let it run through a hair ſieve, and when you have ſtrained it, pick the Roſemary and the Ginger out of the Strainer, and put it into the Drink, and throw away the Egg-ſhells, and ſo let it ſtand all night; the next day Tun it up in a Barrel, be ſure the Barrel be not too big; then take a little Flower, and a little Bran, and the white of an Egg, and beat them well together, and put them into a Barrel on the top of the Metheglin after it is Tunn'd up, and ſo let it ſtand till it has done working, then hoop and ſtop it up as cloſe as is poſſible, and ſo let it ſtand ſix or ſeven weeks; then draw it out and bottle it; you muſt tie down the Corks, and ſet the Bottles in Sand five or ſix weeks, and then drink it.

To

To make Meath or Mead the Lady Say's *way.*

Take to every gallon of water a quart of Honey, and ſet it over a clear fire, and when it is ready to boil, ſcum it very clear; then take two handfuls of ſweet Marjoram, as much Roſemary, and as much Bawm, and two handfuls of Fennel-roots, as much Parſley-roots, and as many Aſparagus roots, ſlice them in the middle, and take out the Pith, waſh and ſcrape them very clean, and put them with your Herbs into your Liquor; then take two ounces of Ginger, one of Nutmegs, and half an ounce of Mace, bruiſe them, and put them in, and let it boil until it is ſo ſtrong that it will bear an Egg; then let it cool, and being cold, put in three or four ſpoonfuls of Ale-yeaſt, and ſo ſcum it well, and put it into a Rundlet, and it will work like Ale, and having done working, ſtop it up cloſe as you do new Beer, and lay Salt upon it.

Mrs. Conqueſts *Receipt to make* Metheglin.

In every three gallons of water, boyl Roſemary, Liverwort, Baum, of each half a handful, and Cowſlips two handfuls, when the water hath ſufficiently drawn out the vertue of the herbs, pour all into a Tub, and let it ſtand all night, then ſtrain it, and to every three gallons of the clear liquor (or two and a half, if you

you will have your drink ſtronger) put one gallon of Honey, and boyl it til it bear an Egg, Scumming it til no more ſcum will riſe, which to make riſe the better, put in now and then a pottinger full of cold water, then pour it into a Tub, and let it ſtand to cool til it be bloud-warm; and then put by degrees a pint of Ale-yeaſt to it to make it work, ſo let it ſtand three days very cloſe covered. Then Scum of the yeaſt and put it into a ſeaſoned Barrel; but ſtop it not up cloſe til it have done hiſſing. Then either ſtop it very cloſe if you will keep it in the Barrel, or draw it into Bottles.

Put into this proportion Ginger ſliced, Nutmegs broken of each one ounce, Cinamon bruiſed half an ounce in a bag, which hang in the Bung with a Stone in it to make it ſink.

Sometimes She addeth two handfuls of ſweet bryar leaves, and one of Bettony to this proportion of water, or one gallon more.

To make Sr. William Paſtons's *Meade.*

Take ten gallons of Spring-water, and put therein ten pintes of the beſt honey, let this boyl half an hour and ſcum it very well, then put in one handful of Roſemary, and as much Bay-leaves, with a little Limon-peel, Boyl this half an hour longer, then take it off the fire and put it into a clean Tub, and when it is cool Work it up with yeaſt as you do Beer. When it is wrought put it into your Veſſel, and ſtop it

very close; within three days you may Bottle it, and in ten days after it will be fit to drink.

White Mead as it was made for Kenelm Digby, *by his Direction.*

Boyl what quantity of Spring water you please three or four walms, and then let it settle twenty four hours, and pour the clear from the setling.

Take sixteen gallons of the clear, and boyl in it ten handful of Eglantine Leaves, five of Liver-wort, five of Scabious, four of Baum, four of Rosemary, two of Bay-Leaves, one of Thyme, and one of Sweet Marjoram, and five Eringo Roots splitted, if you can get them; when the water hath drawn out the vertue of the herbs (which it will do in half an hours boyling) let it run through a strainer or sieve, and let it settle so that you may pour the Clear from the Dregs. To every three gallons of the clear, take one of pure Honey, and with clean Arms stripped up, layd it for two or three hours to dissolve the honey in the water, lade it twice or thrice that day. The next day boyl it very gently to make the scum rise, and scum it all the while, and now and then pour to it a Ladle full of cold water, which will make the scum rise more; when it is very clear from scum, you may boyl it the more strongly, til it bear an egg very high, that the breadth of a groat be out of the water, and that it boyl high with great walmes,

walmes, in the middle of the Kettle. (which boyling with great Bubbles in the middle, is a ſign it is boyled to its height) Then let it cool til it be Luke-warm, at which time put ſome Ale-yeaſt into it to make it Work as you would do Ale; and then put it up into a fit Barrel firſt ſeaſoned with ſome good ſweet White wine (as Canary Sack) and keep the Bung open til it have done Working, filling it up with ſome ſuch honey-drink warmed, as you find it ſunk down by working over. When it hath almoſt done working, put into it a bagg of thin ſtuff, (ſuch as Bakers uſe to Bolt in) faſtned by a Cord at the Bung containing two parts of Ginger ſliced, and one a piece of Cinamon, Cloves, and Nutmegs, with a pebble ſtone in it to make it ſink, and ſtop it up cloſe for ſix months or a year, and then you may draw it into Bottles. if you like *Cardamum* ſeeds you may add ſome of them to the Spices. Some do like Mint exceedingly to be added to the other herbs.

If you will have it ſtronger, put but two gallons and a half of water to one of honey.

You may uſe what Herbs or Roots you pleaſe either for their taſte or vertue; after the manner here ſet down.

If you make it work with yeaſt, you muſt have great care to draw it into Bottles ſoon after it hath done working, as after a fortnight or three weeks: for that will make it ſoon grow ſtale, and it will thence grow ſowr and dead before you are aware, But if it work ſingly

of it ſelf, and by help of the Sun without admixtion of other Leaven or yeaſt, it may be kept long in the Barrel ſo it be filled up to the top, and kept very cloſe ſtopt.

I conceive it will be exceeding good thus: When you have a ſtrong honey Liquor of three parts of water to one of honey, well boyled and ſcummed, put into it (as ſoon as you take it from the fire) ſome Clove-gilliflowers firſt wiped and all the whites clipped off, one good handful or two to every gallon of Liquor. Let theſe infuſe thirty or forty hours: then ſtrain it from the flowers; and either work it with yeaſt or ſet it in the Sun to Work: when it hath almoſt done working, put into it a bag of like Gilliflowers (and if they be duly dryed, I think they are the better) hanging in it at the Bung. I conceive that bitter and ſtrong herbs, as Roſemary, Bays, Sweet marjorum, Thyme, and the like, do conſerve Mead the better and longer; being as it were inſtead of Hops. But neither muſt they no more then Clove-gilliflowers, be too much boyled; for the volatile pure Spirit flies away very quickly: therefore rather infuſe them. Beware of Infuſing Gilliflowers in any Veſſel of Metal (excepting ſilver) for all metals will ſpoyl and dead their colour. Glazed earth is beſt.

My Lady Dormers *Receipt to make Metheglin.*

Take four Gallons of water, and one of Honey; boyl it and skim it; then put into it Liver wort, Harts-tongue, Wild-carrot, and Yarrow, a little Roſemary and Bays, one Parſly-root, and a Fennel-Root: let them boyl an hour altogether, you may hang a little bag of Spice in it if you pleaſe: when it is cold, put a little Barm to it, and let it work like Beer. The Roots muſt be ſcraped, and the Pith taken out.

My Lady Morrices *Receipt for Mead.*

My Lady *Morrice* makes her Mead thus: Boyl firſt your water with your herbs, Thoſe She likes beſt, are Angelica, Baum, Borage, and a little Roſemary (Spirit of Myrrh; if the taſte here be good) (not half ſo much as of any of the reſt) a handfull of all together to two or three gallons of water. After about half an hours Boyling, let the water run through a ſtrainer (to ſever the herbs from it) into wooden or earthen Veſſels, and let it cool and ſettle. To three parts of the clear put one (or more) of Honey, and boyl it til it bear an Egg, leaving as broad as a ſhilling out of the water, skimming it very well, Then pour it out into Veſſels as before, and next day when it is almoſt quite cold pour it into a Sack-Cask

wherein you have firſt put a little freſh Ale-yeaſt, about two ſpoonfuls to ten gallons, hang in it a bag with a little ſliced Ginger, but almoſt a pottinger full of Cloves, cover the bung lightly til it have done working, then ſtop it up cloſe. You may keep and draw it a year or two after. It is excellent good.

Her Siſter makes Hers thus.

Diſſolve your Honey in the water til it beareth an Egg higher or lower according to the ſtrength you will have it of, then put into it ſome Sea-wormwood, and a little Roſemary, and a little Sage; about two good handfuls of all together to ten gallons: when it hath boyled enough to take the vertue of the herbs, skim them out, and ſtrew a handful or two of fine wheat flower upon the boyling Liquor. This will draw all the Dregs to it, and ſwim at the top, ſo that you may skim all off together; and this She holdeth the beſt way of clarifying the Liquor, and making it look pale. Then pour it into Veſſels as above to cool, let it ſtand three days, then Tun it up into a Sack Cask, without yeaſt or Spice, and keep it ſtopped til it work; then let it be open til it have done working, filling it up ſtill with other honey drink. Then ſtop it up cloſe for a year or two; you may at firſt ſtop it ſo that the ſtrong working may throw out the ſtopple, and yet keep it cloſe til it work ſtrongly. She ſaith that ſuch a ſmall proportion

proportion of Wormwood, giveth it a fine quick taſte, aud a pale colour with an eye of green. The Wormwood muſt not be ſo much as to diſcern any the leaſt bitterneſs in the taſte; but that the compoſition of it with the honey may give a quickneſs. The Roſemary and the Sage, muſt be a great deal leſs than the Wormwood; ſometimes She ſtops it up as cloſe as ſoon as ſhe hath Tunned it, and lets it remain ſo for three months. Then pierce it, and draw it into Bottles; which ſtop well and tye down the ſtoppels; this will keep ſo a long time. She uſeth this way moſt, It makes the Mead drink exceeding quick and pleaſant, when you pierce the Cask it will fly out with exceeding force; and be ready to throw out the ſtopper and Spiggot.

My Lady Shanons *Receipt to make the beſt White-mead.*

Take to every Gallon of water a quart of Honey, and to every five gallons a handful of Sweet Marjoram, and half a handful of ſliced Ginger, boyl theſe moderately three quarters of an hour, then let it ſtand and cool, and being Luke-warm, put to every five gallons about three quarts of yeaſt, and let it work a night and a day, then take off the yeaſt, and ſtrain it into a Rundlet, and when it hath done working ſtop it up, ſo let it remain a month; then draw it out into Bottles, and put in every Bottle two or three ſliced Raiſons, and a Lump of Loaf-

Sugar; it may be drunk in two months, you muſt let the water boyl before you put in the honey, Sweet Marjorum or Ginger.

My Lady Luſſon's *Receipt to make Mead.*

Take four gallons of water, two quarts of Honey, two ounces of Ginger, one ounce of Nutmegs, a good handful of Roſemary tops, and a like handful of Bay-Leaves, two ounces of dryed Orange Rinde or Peels. Boyl all theſe til it be ſo ſtrong as will bear an Egg and not ſink: When it is ſo far cooled as new milk from a Cow, Work it up with yeaſt or barm during twenty four hours, and then Barrel it up: And after three months you may Bottle it up at your pleaſure.

As you deſire a greater quantity of the Drink you muſt augment the Ingredients according to the proportions above recited.

My Lady Bridges her white Metheglin.

To three Gallons of Spring-water take three quarts of Honey, and ſet it over the fire till the Scum ariſe pretty thick; then take off the Scum, and put in Thyme, Roſemary, and Maiden-hair, of each one handful, and two handfuls of Eglantine Leaves, if you can have them, and half a handful of Organe. The Spices, Ginger, Nutmegs, Cinamon, and a little Mace; and boil all theſe together near half an hour; then

then take it from the fire, and let it ſtand till it be cold, and then ſtrain it, and ſo Tun it up, and ſtop it cloſe; the longer you keep it, the better.

Sir John Arundel's *Receipt to make white Mead.*

Take three gallons of Honey, and twelve gallons of water, mix the Honey and water together till you think the Honey is diſſolved; ſo let it ſtand twelve hours, then put in a new-laid Egg, if the Liquor bears the Egg, that ye ſee the breadth of a groat upon the Egg dry, you may ſet it over the fire, if it does not bear the Egg thus, you muſt add a quart or three pints more of Honey to the reſt, and then put it over the fire, and let it boil gently till you have ſcummed it very clean, and clarified it as you would do Sugar with three whites of new-laid Eggs; when it is thus made, clean them from all Scum, let it boil a full hour till the fourth part is waſted; then take it off the fire, and let it ſtand till the next day, then put it into your Veſſel; when it has been in the Barrel five or ſix days, bake a white Toaſt, and dip it in all yeaſt, ſo put the Toaſt into the Barrel, and let it work; when it has done working, ſtop it up very cloſe, this will keep three quarters of a year, and you may drink it within half a year; if you pleaſe, you may add in the boiling what Herbs you like the Taſte of, or what is Phyſical.

My

My Lord Hollis *Way to make Hydromel.*

In four parts of Spring-water diſſolve one part of Honey, or ſo much as the Liquor will bear an Egg boyant to the breadth of a Groat; then boil it very well, and let all the Scum be taken away; he addeth nothing to it but a ſmall proportion of Ginger ſliced; of which he putteth half to boil in the Liquor after all the Scum is gone, and the other half he putteth into a Bag, and hangeth in the Bung when it is tunn'd. The Ginger muſt be very little, not ſo much as to make the Liquor taſt ſtrongly of it, but to quicken it. I ſhould like to add a little proportion of Roſemary, and a greater of ſweet-Briar Leaves in the boyling; as alſo, to put into the Barrel a Toaſt of white Bread with Muſtard, to make it work: he puts nothing to it, but its own ſtrength in time makes it work of it ſelf. It is good to drink after a year.

Morello Wine.

To half an Aeme of white Wine take twenty pounds of Morello Cherries, the Stalks being firſt plucked off; bruiſe the Cherries, and break the Stones. Powr into the Wine the Juice that comes out from the Cherries, but put all the ſolid Subſtance of them into a long Bag of Boulter Cloath, and hang it in the Wine at the Bung, ſo that it lie not in the bottom, but only reach

to

to touch it; and therefore naple it down at the mouth of the Bung; then ſtop it cloſe; for variety, you may put ſome clear Juice alone of Cherries (but drawn from a larger proportion of Cherries) into another parcel of Wine. To either of them, if you will aromatize the Drink, take to this quantity two ounces of Cinamon groſly broken and bruiſed, and put it in a little Bag at the Spigot, that all the Wine you draw may run through the Cinamon.

You muſt be careful in bruiſing the Cherries, and breaking the Stones; for if you do all at once, the Liquor will ſparkle about; but you muſt firſt bruiſe the Cherries gently in a Mortar, and rub through a Sieve all that will paſs, and ſtrain the reſidue hard through your hands; then beat the remaining hard mark ſo ſtrongly as may break all the Stones; then put all together, and ſtrain the Clear through a ſubtil Strainer, and put the Solid or Subſtance into the Bag to hang in the Wine.

Currans Wine to cool the Liver, and cleanſe the Blood.

Take a pound of the beſt Currans clean picked, and powr upon them in a deep ſtrait-mouth'd earthen Veſſel ſix pounds or pints of hot water, in which you have diſſolved three ſpoonfuls of the pureſt and neweſt Ale-yeaſt; ſtop it very cloſe till it ferment, then give ſuch vent as is neceſſary, and keep it warm for about three days,

days, it will work and ferment. Taſte it after two days, to ſee if it be grown to your liking; aſſoon as you find it ſo, let it run through a ſtrainer to leave behind all the exhauſted Currans and the Yeaſt, and ſo bottle it up; it will be exceeding quick and pleaſant, and is admirable good to cool the Liver, and cleanſe the Blood; it will be ready to drink in five or ſix days after it is Bottled; and you may ſafely drink large draughts of it.

Mrs. Evelin's *Way of making Cherry-Wine.*

Take twenty four pound of the beſt ripe Cherries; bruiſe them well, that all their Juice may iſſue forth (if you alſo break the Stones, the Wine will have a bitterneſs, not ungrateful) let them continue ſo to ferment twelve hours (which will give the Wine a deep colour, by fermenting upon the skins) then let them run through an Hippocraſs or gelly-bag, putting the whole Maſh into the Bag. In the Veſſel that the Liquor runneth into, put one pound of the beſt double refined Loaf Sugar in ſubtil Powder; which will be melted by the Liquor; then put it into Bottles, filling them up above half way their necks, within a good inch of the Corks. This will keep a year or more, and be exceeding pleaſant and ſtomachal, and will have no dregs in it, and be of a pure deep Claret colour; multiply this quantity, keeping the proportion of Sugar, as much as you will. This quantity will

will make about six quarts of Wine. It is the running through the Bag that makes it so clear. I should like to put it into Barrels after it is *bien cuve*, to let it ferment more there. I think less Sugar would serve the turn.

The Lady *Newport* makes it near after the same manner; but she first picks the stones as well as the stalks from the Cherries, then breaks them very well with Hands or a Ladle, and after twelve hours fermenting together, strains them through a Napkin, wringing it very well, to press all out that can come, which she putteth into Barrels to ferment with Sugar; and after a long time setling, draws it into Bottles; it will draw well to the last if you drink it out of the Barrel without Bottling.

Mrs. Marbury's *Receipt to make Syder.*

Take a peck of Apples and slice them, and Boyl them in a Barrel of water, til the third part be wasted; then cool your water as you do for wort, when it is cooled you must pour the water upon three measures of grownd Apples; then drayn out the water at a Tap three or four times a day, for three days together; then press out the Liquor, and Tun it up; when it hath done Working then stop it up close.

Sr. Paul Neals *Way of making Syder.*

The beſt Apples make the beſt Syder; as Pearmains, Pippins, Golden-pippins, and the like; Codlins make the fineſt Syder of all,(they muſt be ripe when you make Syder of them, and is in prime in the Summer Seaſon, when no other Syder is good: but laſteth not long, not beyond *Autumn.* The Foundation of Making perfect Syder, conſiſteth in not having it work much, ſcarce ever at all; but at leaſt no ſecond time; which ordinary Syder doth often upon Change of Weather, and upon Motion, and upon every working it grows harder. Do then thus: Chuſe good Apples, Red-ſtreak are the beſt for Syder to keep, Gennet-Moils the next, then Pippins, let them lye about three weeks after they are Gathered; then ſtamp and ſtrain them in the ordinary way into a wooden Fat that hath a Spiggot, three or four fingers breadth above the bottom. Cover the Fat with ſome hair or Sack-cloath, to ſecure it from any thing to fall in, and to keep in ſome of the Spirits, ſo to preſerve it from dying; but not ſo much as to make it ferment. When the juice hath been there twelve hours, draw it by the Spiggot (the Fat inclining that way, as if it were a little Tilted) into a barrel; which muſt not be full by about two fingers, leave the bung open for the ayr to come in upon a Superficies all along the Barrel, to hinder it from Fermenting; but

but not ſo Large a Superficies as to endanger dying, by the ayrs depredating too many Spirits from it: the drift in both theſe ſetlings is, that the groſſer parts conſiſting of the ſubſtance of the Apple, may ſettle to the bottom and be ſevered from the Liquor; for it is that which makes it Work again (upon motion or Change of Weather) and ſpoyls it. After twenty four hours draw off it, to ſee if it be clear by the ſetling of all the dregs, above which the ſpigot muſt be. If it be not clear enough, draw it from the thick dregs into another Veſſel; and let it ſettle there twenty four hours. This Veſſel muſt be leſs than the firſt, becauſe you draw not all out of the firſt. If then it ſhould not be clear enough, draw it into a third, yet leſſer than the ſecond, but uſually it is at the firſt. When it is clear enough draw it into Bottles; filling them within two fingers, which ſtop cloſe; After two or three days viſit them, that if there be danger of their Working (which would break the Bottles) you may take out the ſtopples, and let them ſtand open for half a quarter of an hour, then ſtop them cloſe, and they are ſecure for ever after. In cold freezing weather ſet them upon hay, and cover them over with hay or ſtraw. In open weather, in winter, tranſpoſe them to any other part of the Cellar to ſtand upon the bare ground or pavement. In hot weather ſet them in Sand. The Syder of Apples of the laſt Seaſon as Pippins, not Pearmains, (not Codlins) will Laſt til the Summer

mer grow hot, though this never Work, it is not of the nature of ſtummed wine, becauſe the naughty dregs are not left in it.

Mr. Web's *way of Making Bragot.*

He takes the firſt Running of ſtrong Ale, and boyls a leſs proportion of honey in it then when he makes his ordinary Mead, but double or treble as much Spice and herbs. As for example, to twenty gallons of the ſtrong Wort, he puts eight or ten pound (according as your taſte liketh more or leſs honey) but at leaſt treble as many herbs and treble as much Spice as would ſerve ſuch a quantity of ſmall Meade (for to a ſtronger Mead, you put a greater proportion of herbs and Spice, then to a ſmall; by reaſon that you muſt keep it a longer time before you drink it; and the length of time mellows and tames the taſte of the herbs and Spice) and when it is Tunned in the Veſſel (after Working with the Barm) you may hang in it a bag of bruiſed Spices (rather more then you boyled in it) which is to hang in the Barrel all the while you draw it.

He makes alſo Mead with the ſecond weak Running of the Ale, and to this he uſeth the ſame proportions of Honey, Herbs, and Spice, as for his ſmall Mead of pure water; and uſeth the ſame manner of boyling, working with yeaſt, and all other circumſtances as in making of that.

FINIS.

MVSEVM BRITANNICVM

B.M. 1959